

**LEARN  
HOW TO  
PROTECT ME  
WHILE I  
SLEEP**



**FREE**

## **Safe Sleep Classes**

**REMEMBER**  
The ABCs of Safe Sleep



**LONE**

Not with other people, pillows, blankets  
or stuffed animals.

on my **B**ACK

Not on the stomach or side.

in my **C**RIB

Not on an adult bed, sofa, cushion  
or other soft surface.

**Every 4th Tuesday of the Month**  
NEXT CLASSES

**JAN 27 • FEB 24 • MAR 24**  
**APR 28 • MAY 26 • JUN 23**

**11 a.m. - 12:30 p.m.**  
**THE FAMILY PLACE**

8726 Woodward Avenue  
Detroit, Michigan 48202

**Call (313) 410-5264 to register.**



**DETROIT**  
**DHWP**  
DEPARTMENT OF HEALTH &  
WELLNESS PROMOTION

**City of Detroit Department of Health & Wellness Promotion**

The MISSION of the Detroit Department of Health and Wellness Promotion (DHWP) is to improve health and quality of life through the application of best practices in the delivery of public health services.



**IF YOU'RE HAVING A  
BABY OR HAVE A CHILD  
UNDER 5, THE CITY OF  
DETROIT HAS A NUMBER  
TO LINK YOU TO THE  
SERVICES YOU NEED!**

**961-BABY**

**REFERRAL HOT LINE  
313-961-2229**

**Linking You to**



**Vital Services**

**Prenatal Care • Parenting & Childbirth Classes**

**Women, Infants, and Children (WIC) Nutrition Program**

**Safe Sleep Education • Immunizations**

**Pediatric Dental Care • Lead Screening & Prevention**

**Housing • Transportation • Utility Information**

**Doula Services • Free Clinics**

**Smoking Cessation**

**Diapers, Clothing, & Formula for Your Baby**

**And Much More!**



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