

Infant Massage

Taught by Elisa Gambino, Psy.D & Guadalupe Ramirez, ACSW



✓Better Connection ✓ Better Self Soothing ✓ Better Digestion ✓Better Sleep

*We welcome **parents** and their **babies** ages 6 weeks to 12 months of age to join!*



The quality of closeness between parent and baby can have lifelong benefits. [evidence shows that massaging your baby may:

- facilitate communication & the attachment process between parent & baby
- can calm baby & relieve stress
- soothe & help them sleep better
- aid digestion, relieve colic & constipation
- strengthen baby's immune system
- help baby develop muscle tone & coordination



Please **sign-up** for the class by contacting the facilitators at **310-533-6600**- space is limited.

Starting Sept. 24th, 2026

6 week class on Thursdays

10:00am -11:00am

**In person @ TIES for Families
- South Bay**

**Center For Resilient Children
and Youth Building**

21810 Normandie Avenue

Torrance, CA 90502

For questions and additional information
please call 310-533-6600.

