healthy mothers, healthy babies
Coalition of Palm Beach County, Inc.

VIRTUAL EDUCATIONAL PROGRAMS
Join us Online in May 2021

Programs are FREE, but registration is REQUIRED.

TO REGISTER → www.hmhbpbc.org

Educational activities are proudly supported by:

Children's Services Council
PALM BEACH COUNTY
Healthy. Safe. Strong.

small steps GREAT PARENTS

Workshops for pregnant women, new parents and their support partners.

Prenatal Yoga
Monday, **May 3rd, 17th, & 24th** 6pm

Healthy Cooking
Wednesday, **May 12th,** 5-7pm **(English)**

Caring for Newborn
Thursday, **May 6th,** 5-7 pm **(English)**

Infant Child CPR
Thursday, **May 13th,** 5 -7pm **(English)**
Thursday, **May 27th,** 5- 7pm **(Spanish)**

Breastfeeding and Infant Feeding
Tuesday, **May 4th,** 5-7pm **(Creole)**
Tuesday, **May 18th,** 5-7pm **(English)**

Building Healthy Blocks

Healthy Relationships—Parenting
Wednesdays at 5pm May 5th & 19th

Pregnancy 101

Tuesday, **May 11th,** 5-7pm

CONTACT INFORMATION:
561-517-2541

Childbirth Classes

Pregnant women typically attend these classes within the seventh month (third trimester) of their pregnancy.

Support partners are also welcome.

English Classes

Saturday, **May 1st**
9am-1pm

Saturday, **May 22nd**
9am-1pm

Spanish Class

Saturday, **May 15th**
9am-1pm

CONTACT INFORMATION:
561-517-2932

Circle of Moms

Maternal Wellness Support Groups.
Learning together to manage Motherhood.

English Circle of Moms

Tuesdays at 11:00am
May 11th
May 25th

Thursdays at 2pm
May 6th
May 13th
May 20th

Spanish Circle of Moms

Thursdays at 11am
May 6th
May 13th
May 20th

Circle of Moms is proudly funded by:
Health Care District of Palm Beach County
and The Lattner Foundation

CONTACT INFORMATION:
561-517-1551

Share
Pregnancy & Infant Loss Support

SHARE Pregnancy and Infant Loss Support Groups

Grieving the loss of a pregnancy or a newborn? We can help!

English Groups
Tuesday, **May 4th**
at 11:00am

Spanish Groups
Tuesday, **May 18th**
at 11:00am

CONTACT INFORMATION:
561-517-1551
www.hmhbpbc.org/share