



healthy mothers, healthy babies

Coalition of Palm Beach County, Inc.

Register Today for Healthy Mothers, Healthy Babies Online Classes and Groups!

Healthy Mothers, Healthy Babies is here to support you through pregnancy with infant educational classes and groups.

Join us for these upcoming support groups and educational classes for pregnant and new parents. All are at **NO COST**, but registration is required.
All educational programs in August are offered online.

To view our full calendar of events, [click here](#).

Support Groups



Join our Circle:

Motherhood can be hard, but it does not have to be lonely.

Our [Circle of Moms](#) groups offer a space to share feelings and connect with other moms in a safe, confidential environment. Peer-to-peer emotional support groups allow you time to share with others who are experiencing the same feelings as you or just listen. Groups are offered online. Partners and other family members are welcome to join.

- Groups in English
 - [Wednesday, August 5th: 5pm](#)
 - [Thursday, August 6th: 2pm](#)
 - [Monday, August 10th: 12pm](#)
 - [Tuesday, August 11th: 9am](#)
 - [Thursday, August 13th: 3pm](#)
 - [Monday August 17th: 12pm](#)
 - [Tuesday, August 18th: 9am](#)
 - [Wednesday, August 19th: 5pm](#)
 - [Thursday, August 20th: 2pm](#)
 - [Tuesday, August 25th: 9am](#)
 - [Thursday, August 27th: 2pm](#)
- Groups in Spanish
 - [Thursday, August 6th: 11am](#)
 - [Monday, August 10th: 5pm](#)
 - [Thursday, August 13th: 11am](#)
 - [Monday, August 17th: 5pm](#)
 - [Thursday, August 20th: 11am](#)
 - [Thursday, August 27th: 11am](#)



Join Our Groups:

Grieving the Loss of a Pregnancy or an Infant?

Talking about loss can be difficult, and talking about the loss of a baby is particularly challenging. Many parents do not tell their loved ones about their losses out of shame, guilt, or embarrassment. Our [Share Support Groups](#) are a place where parents can safely connect with each other and talk openly about their experience of losing a baby.

- Groups in English
 - [Tuesday, August 11th: 12pm](#)
- Groups in Spanish
 - [Tuesday, August 25th: 12pm](#)

Contact Manuela at (561) 517-1551
for more information about support groups!

Educational Classes



Childbirth Classes: Preparing to Give Birth

Pregnant women typically attend these classes within the seventh month (third trimester) of their pregnancy. Instructors are through the Florida Outreach Childbirth Education Program. Support Partners are welcome. Classes are held online, click on the preferred class time and date to register. Contact Sara at (561) 517-2541 for more information.

- Classes in English
 - [Saturday, August 8th: 9am-1pm](#)
 - [Thursday, August 13th: 5pm-8pm](#)
 - [Saturday, August 15th: 9am-1pm](#)
 - [Tuesday, August 25th: 5pm-8pm](#)
- Classes in Spanish
 - [Saturday, August 29th: 10am-1pm](#)



Breastfeeding and Infant Feeding

Like any new skill, breastfeeding takes knowledge, practice and support to be successful. The instructor will teach the benefits of breastfeeding, breastfeeding positions, the use of a breast pump, safe formula feeding, when to switch to solids, and safe preparation of a bottle. Classes are held online, click on the preferred class time and date to register.

- Classes in English
 - [Thursday, August 27th: 5pm-7pm](#)
- Classes in Spanish
 - [Tuesday, August 18th: 5pm-7pm](#)



Infant CPR

This workshop will teach the basic techniques of infant/child CPR and how to give first aid for choking. The class will be led by a certified CPR instructor. Classes are held online, click on the preferred class time and date to register.

- Classes in English
 - [Saturday, August 22nd: 10am-12pm](#)
- Classes in Spanish
 - [Wednesday, August 26th: 5pm-7pm](#)



Healthy Cooking

Come and learn ways to cook healthy with tasty recipes for you and your growing family. The class will be led by Chef Lydia. Classes are held online, click on the preferred class time and date to register. Contact Noretta at (561) 517-2272 for more information.

- Classes in English
 - [Wednesday, August 19th: 5:30-7:30pm](#)
- Classes in Spanish
 - [Wednesday, August 12th: 5:30-7:30pm](#)



Caring for Newborn

This workshop will educate participants about the basics of taking care of a newborn infant, diapering and cord care, how to calm an infant, the importance of immunizations, getting infants into a sleep routine and awareness of safe sleep. Contact Noretta at (561) 517-2272 for more information.

- Classes in English
 - [Thursday, August 20th: 5pm-7pm](#)

HMHB is Still Here to Serve!

Are you pregnant or is someone you know pregnant?
Our Outreach Educators are ready to connect with you!

To get more information on our services and the resources available to support you through your pregnancy, call one of our Outreach Educators:

Fleurante Joseph
(561) 517-2243
English & Creole

Margine Silva
(561) 517-2471
English, Spanish & Portuguese

Mirlande Oltain
(561) 517-2228
English & Creole

Noretta Tisdale
(561) 517-2272
English

Sara Mendoza
(561) 517-2541
English & Spanish

Additional educational videos are available on our [HMHB YouTube channel!](#)

Questions?

Call us at (561) 623-2800 or email workshops@hmhbppbc.org

Contact

(561) 623-2800 | www.hmhbppbc.org

Stay Connected



Healthy Mothers, Healthy Babies Coalition of Palm Beach County | 4601 Lake Worth Road, Greenacres, FL 33463



[Try email marketing for free today!](#)