



**Educational Classes
561-517-2932**

Educational classes for pregnant women, new parents and their support partners.

**Childbirth Class
561-517-2932**

Infant & Bedtime Safety
November 2nd
5:30 pm – 7:30 pm, **Virtual**

Prenatal Yoga
November 7th, 14th, 21st
6:00 pm - 7:00 pm, **Virtual**

Infant CPR (English)
November 8th
6:00 pm - 7:30 pm
West Boynton Rec Center
6000 Northtree Blvd.

Pregnant women typically attend these classes within the 7th month (3rd trimester) of their pregnancy. Support partners are also welcome.

Saturday, November 5th
9:00 am – 1:00 pm
Virtual

Tuesday, November 15th
2:00 pm – 6:00 pm
Virtual

Thursday, November 17th
(Spanish)
5:30 pm – 8:00 pm
Virtual

Breastfeeding (Spanish)
November 10th
5:30 pm - 7:30 pm, **Virtual**

Pregnancy 101
November 9th
5:30 pm - 6:30 pm, **Virtual**

Caring for Newborn
November 16th
5:30 pm - 7:30 pm
West Boynton Rec Center
6000 Northtree Blvd.

Breastfeeding (English)
November 15th
5:30 pm - 7:30 pm
West Boynton Rec Center
6000 Northtree Blvd.

**Circle of Moms Support Group
561-517-1551**

**Maternal Wellness Support Groups.
Learning together to manage Motherhood.**

English Meetings

Mondays at 11:00 am
November 7th, 14th

Tuesdays at 3:00 pm
November 1st, 8th, 15th, 29th

Thursdays at 11:30 am
November 3rd, 10th, 17th
In-Person
4601 Lake Worth Rd.

Spanish Meetings

Mondays at 2:00 pm
November 7th, 14th

Wednesdays at 11:00 am
November 9th, 30th

Thursdays at 10:00 am
November 3rd, 10th, 17th
In Person
4601 Lake Worth Rd.

Join us for a Mothers and Babies 6-session group in Spanish that reduces stress!

Tuesdays at 10:00 am
November 8th, 15th, 22nd, 29th
December 6th, 18th
Virtual

**Share Support Group
561-517-1551**

Pregnancy and Infant Loss Support Groups.
Grieving the loss of a pregnancy or a newborn? We can help!

Wednesday-Spanish
November 9th at 3:00 pm

Wednesday-English
November 30th at 3:00 pm

**Parents Group
561-517-1551**

Join us for a workshop for couples. New parents will learn to create a healthy, stable relationship and navigate the challenges of becoming parents.
In person: 4601 Lake Worth Rd.

Wednesday-Spanish
November 2nd at 6:00 pm

Wednesday-English
November 16th at 6:00 pm

To register or for more information about our educational programs

Visit our website at www.hmhbpbpc.org
Programs are FREE, but registration is REQUIRED.

Educational activities are proudly supported by: