



Healthy Mothers, Healthy Babies

Coalition of Palm Beach County
Early Care is Everything.

VIRTUAL EDUCATIONAL PROGRAMS Join us Online in July 2021

Programs are FREE, but registration is REQUIRED.
TO REGISTER → www.hmhbpbpc.org

Educational activities are
proudly supported by:



Healthy Mothers, Healthy Babies Classes

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

Prenatal Yoga

Monday, July 12th, 19th, & 26th 6pm

Healthy Cooking

Wednesday, July 21st, 5-7pm (Spanish)

Infant Child CPR

Tuesday, July 20th 5-7pm (Spanish)
Saturday, July 24th 10-12pm (English)

Breastfeeding & Baby Milestones

Tuesday, July 13th, 5-7pm (Spanish)
Wednesday, July 15th, 5-7pm (English)
Tuesday, July 27th, 5-7pm (Creole)

Building Healthy Blocks

Raising Healthy Babies — Parenting

Wednesdays at 5pm July 14th & 28th

Pregnancy 101

Tuesday, July 20th, 5-7pm (English)

Buckle-Up & Baby Bedtime Safety

Thursday, July 8th 5-7 pm (English)
Thursday, July 22nd 5-7 pm (Spanish)
Thursday July 29th 5-7 pm (Creole)

**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, July 3rd
9am-1pm

Saturday, July 10th
9am-1pm

Saturday, July 31st
9am-1pm

Spanish Class

Saturday, July 17th
9am-1pm

**CONTACT INFORMATION:
561-517-2932**



Maternal Wellness Support Groups.
Learning together to manage Motherhood.

English Circle of Moms

Thursdays at 2pm

July 1st
July 8th
July 15th
July 22nd
July 29th

Spanish Circle of Moms

Thursdays at 11am

July 15th
July 22nd
July 29th

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 and Infant Loss
Support Groups

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

English Groups

Monday, July 12th
at 12:00pm

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