



**Workshops
561-517-2541**

Prenatal Yoga
September 12th, 19th, 26th
6:00 pm - 7:00 pm- Virtual

Pregnancy 101
September 13th
5:30 pm – 7:00 pm- Virtual

Breastfeeding (English)
September 21st
5:30 pm – 7:30 pm- Virtual

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

Infant & Bedtime Safety
September 7th
5:30 pm – 7:00 pm- Virtual

Healthy Cooking
September 14th
5:00 pm - 7:00 pm-Virtual

Breastfeeding (Spanish)
September 24th
5:30 pm – 7:30 pm
In-Person at Lake Park Library
529 Park Avenue Lake Park FL 33403

Infant CPR (English)
September 10th
10:30 am - 12:30 pm
In-Person at Lake Park Library
529 Park Avenue Lake Park FL 33403

Caring for Newborn (English)
September 17th
10:00 am - 12:00 pm-Virtual

**Childbirth Class
561-517-2932**

**Pregnant women typically attend these classes within the seventh month
(third trimester) of their pregnancy. Support partners are also welcome.**

Saturday, September 3rd
9:00 am – 1:00 pm
Virtual

Thursday, September 22nd
5:00 pm – 8:00 pm
Virtual

Wednesday, September 28th
5:00 pm – 8:00 pm
Virtual

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

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

English Meetings

Mondays at 11:00 am
September 12th, 19th, 26th

Tuesdays at 3:00 pm
September 6th, 13th, 20th, 27th

Wednesday at 2:00 pm
September 7th, 14th, 21st, 28th

Thursdays at 11:30 am
September 1st, 8th, 15th, 22nd, 29th
In-Person-Greenacres office

Spanish Meetings

Mondays at 2:00 pm
September 12th, 19th, 26th

Tuesdays at 10:00 am
September 13th, 27th

Wednesdays at 11:00 am
September 14th, 28th

Thursdays at 10:00 am
September 1st, 8th, 15th, 22nd, 29th
In-Person- Greenacres office

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

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

English Meeting-Wednesday
September 21st at 3:00 pm

Spanish Meeting-Wednesday
September 14th at 3:00 pm

Mothers & Babies 561-517-1551

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

Thursdays at 2:00 pm
September 29th, October 6th, 13th, 20th, 27th, November 3rd
In-Person - Greenacres Office

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
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