



Educational Classes
561-517-2932

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

Caring for Newborn
June 7th
5:30 pm – 7:30 pm
Virtual

Safety Series: Car Seat Safety
June 8th
5:30 pm – 7:30 pm
Virtual

Safety Series: Infant CPR
June 10th
10:30 am – 12:30 pm
Lantana Branch Library
4020 Lantana Rd., Lake Worth

Prenatal Yoga
June 12th & 26th
6:00 pm – 7:00 pm
Virtual

Safety Series: Bath Time Safety
June 15th
5:30 pm – 7:30 pm
Virtual

Safety Series: Safe Baby
June 22nd
5:30 pm – 7:30 pm
Lantana Branch Library
4020 Lantana Rd., Lake Worth

Breastfeeding: Spanish
June 27th
5:30 pm – 7:30 pm
HMHB Greenacres office
4601 Lake Worth Rd., Greenacres

Breastfeeding: English
June 29th
5:30 pm – 7:30 pm
Virtual

Circle of Moms Support Group
561-517-1551

Maternal Wellness Support Groups. Learning together to manage motherhood.

English Meetings

Monday, June 26th
11:00 am
Virtual

Tuesday, June 27th
3:00 pm
Virtual

Wednesdays at 10:00 am
June 7th, 15th, 21st
Virtual

Thursday, June 29th
11:30 am
In Person

Spanish Meetings

Monday, June 26th
3:00 pm
Virtual

Tuesday, June 27th
11:00 am
Virtual

Wednesday, June 28th
11:00 am
Virtual

4601 Lake Worth Rd., Greenacres

Thursday, June 29th
10:00 am
In Person
4601 Lake Worth Rd., Greenacres

Childbirth Classes
561-517-2932

These classes aim to prepare parents for the birth of their baby by covering such topics as labor and delivery, labor support techniques, breathing and relaxation, and pain management.

Saturday, June 3rd
9:00 am – 1:00 pm
Florida Blue Center
1501 N. Congress Ave., Boynton Beach

Saturday, June 17th
9:00 am – 1:00 pm
Virtual

Saturday, June 24th (Spanish)
9:00 am – 1:00 pm
Florida Blue Center
1501 N. Congress Ave., Boynton Beach

Share Support Group
561-517-1551

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

Tuesday, June 27th (Spanish)
1:00 pm
Virtual

Circle of Dads
561-517-1551

Peer-to-peer support group that provides space for dads to learn from other dads.

Wednesday, June 28th (Spanish)
5:30 pm
BRIDGES of Lake Worth
802 S. Dixie HWY., Lake Worth

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: