



Healthy Mothers,
Healthy Babies

Coalition of Palm Beach County

VIRTUAL EDUCATIONAL PROGRAMS Join us Online in June 2021

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

Educational activities are
proudly supported by:



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

Prenatal Yoga

Monday, June 7th, 14th, 21st, & 28th 6pm

Healthy Cooking

Wednesday, June 9th, 5-7pm (English)

Caring for Newborn

Thursday, June 17th 5-7 pm (English)
Wednesday, June 23rd, 5-7pm (Spanish)

Infant Child CPR

Saturday, June 26th, 5 -7pm (English)

Breastfeeding & Baby Milestones

Saturday, June 19th 10-12pm (English)
Tuesday, June 15th, 5-7pm (Spanish)

Building Healthy Blocks

Raising Healthy Babies — Parenting
Wednesdays at 5pm June 2nd, 16th, 30th

Safety During Pregnancy & Around Water

Tuesday, June 8th, 5-7pm (English)

Buckle-Up & Baby Bedtime Safety

Thursday, June 3rd 5-7 pm (Spanish)
Thursday, June 10th 5-7 pm (English)
Tuesday, June 22nd 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

Thursday, June 24th
5pm-8pm

Saturday, June 26th
9am-1pm

CONTACT INFORMATION:
561-517-2932



Maternal Wellness Support Groups.
Learning together to manage Motherhood.

English Circle of Moms

Tuesdays at 11:00am

June 15th

June 29th

Thursdays at 2pm

June 10th

June 17th

June 24th

Spanish Circle of Moms

Thursdays at 11am

June 10th

June 17th

June 24th

Mothers & Babies —Spanish

Wednesdays at 10am

June 9th

June 16th

June 23rd

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

Tuesday, June 8th
at 11:00am

Spanish Groups

Tuesday, June 22nd
at 11:00am

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