

Free Classes for Parents & Support Partners

Looking to feel more confident as you prepare for parenthood? Healthy Mothers, Healthy Babies offers free classes designed to support families across Palm Beach County. Classes are led by trained and certified HMHB team members, plus trusted community partners. Attend a class virtually or in-person at your convenience.

Topics include childbirth and comfort measures during labor, infant CPR, breastfeeding, caring for newborn, taking care of yourself after birth, and more!

Reserve your spot today!

Visit hmhpbpc.org/calendar to explore upcoming sessions and register.