



June 2022

**Workshops  
561-517-2541**

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

**Prenatal Yoga**  
June 2<sup>nd</sup>, 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>  
6:00pm - 7:00pm

**Infant Safety & Bedtime Safety**  
June 8<sup>th</sup>  
6:00pm - 8:00pm

**Caring for Newborn (Spanish)**  
June 15<sup>th</sup>  
5:00pm - 7:00pm

**Infant CPR (English)**  
June 18<sup>th</sup>  
10:00am - 12:00pm

**Breastfeeding (English)**  
June 21<sup>st</sup>  
5:00pm - 7:00pm

**Caring for Newborn (English)**  
June 28<sup>th</sup>  
5:00pm - 7:00pm

**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.**

**Wednesday, June 22<sup>nd</sup>**  
5pm - 8pm

**Saturday, June 25<sup>th</sup>**  
9am - 1pm

**Saturday, June 25<sup>th</sup> (Spanish)**  
9am - 1pm

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

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

**English Meetings**

**Mondays at 10:00 am**  
June 13<sup>th</sup>

**Mondays at 2:00 pm**  
June 13<sup>th</sup> & 27<sup>th</sup>

**Wednesdays at 11:00 am**  
June 1<sup>st</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>  
In-Person

**Thursday at 10:00 am**  
June 2<sup>nd</sup>

**Mothers and Babies  
Tuesday at 10:00 am**  
June 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>

**Spanish Meetings**

**Tuesdays at 1:00 pm**  
June 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>

**Wednesdays at 2:00 pm**  
June 1<sup>st</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>  
In-Person

**Thursdays at 11:00 am**  
June 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>

**Thursdays at 1:00 pm**  
June 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>

**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-Thursdays**  
June 16<sup>th</sup> at 3:00 pm  
June 30<sup>th</sup> at 3:00 pm

**Spanish Meeting-Wednesdays**  
June 15<sup>th</sup> at 10:00 am  
June 29<sup>th</sup> at 10:00 am

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