



April 2022

**Workshops
561-517-2541**

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

Prenatal Yoga
April 4th, 11th, 18th, & 28th
6:00pm - 7:00pm

Infant Safety
April 13th
5:00pm - 7:00pm

Mommy Check-in
April 25th
5:00pm - 7:00pm

Breastfeeding (Spanish)
April 6th
5:00pm - 7:00pm

Breastfeeding (English)
April 26th
5:00pm - 7:00pm

In-Person
Palm Beach Gardens Library
11303 Campus Drive
Palm Beach Gardens, FL 33410

Infant CPR
April 12th
5:00pm - 7:00pm

Caring for Newborn (Spanish)
April 20th
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.

Saturday, April 2nd
9am - 1pm

Saturday, April 9th
9am - 1pm (Spanish)

Monday, April 11th
5pm - 8pm

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

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

English Meetings

Mondays at 12:00 pm
April 4th & 11th

Mondays at 3:00 pm
April 4th, 11th, 18th, & 25th

Wednesdays at 12:00 pm
April 13th & 20th

Wednesdays at 3:00 pm
April 6th, 13, 20th, & 27th

Spanish Meetings

Tuesdays at 12:00 pm
April 12th & 19th

Thursdays at 11:00 am
April 14th, 21st, & 28th

Thursdays at 2:00 pm
April 28th

**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
April 14th at 9:00 am
April 28th at 9:00 am

Spanish Meeting-Wednesdays
April 13th at 9:00 am
April 27th at 10:00 am

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: