



**Workshops  
561-517-2541**

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

**Prenatal Yoga**  
December 6<sup>th</sup> & 13<sup>th</sup>  
6:00pm-7:00pm

**Breastfeeding (English)**  
December 13<sup>th</sup>  
5:00pm - 7:00pm

**Safety During Pregnancy**  
December 7<sup>th</sup>  
5:00pm-7:00pm

**Healthy Cooking (English)**  
December 1<sup>st</sup>  
5:00pm - 7:00pm

**Raising Healthy Babies Parenting**  
December 8<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.**

**Saturday, December 4<sup>th</sup>**  
9am - 1pm

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

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

**English Meetings**

**Mondays at 3:30 pm**  
December 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>

**Tuesdays at 2:00 pm**  
December 7<sup>th</sup>, 14<sup>th</sup>, 28<sup>th</sup>

**Wednesdays at 12:00 pm**  
December 1<sup>st</sup>, 8<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>

**Thursdays at 11:00 am**  
December 2<sup>nd</sup>, 16<sup>th</sup>

**Spanish Meetings**

**Mondays at 12:00 pm**  
December 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>

**Tuesdays at 12:00 pm**  
December 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>

**Wednesdays at 3:00 pm**  
December 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>

**Thursday at 2:00 pm**  
December 16<sup>th</sup>

**Thursday at 10:00 am**  
December 23<sup>rd</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 at 10:00 am**  
December 7<sup>th</sup> & 21<sup>st</sup>

**Spanish**  
December 15<sup>th</sup> 1:00 pm  
December 28<sup>th</sup> 10:00 am

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