



Healthy Mothers, Healthy Babies

Coalition of Palm Beach County
Early Care is Everything.

VIRTUAL EDUCATIONAL PROGRAMS Join us Online in November 2021

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

Educational activities are
proudly supported by:



Healthy Mothers, Healthy Babies Classes

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

Prenatal Yoga

Monday, November 8th & 15th
6 pm

Healthy Cooking

Tuesday, November 9th, 5-7 pm
(English)

Infant Child CPR

Thursday, November 18th, 5-7 pm
(English)

Breastfeeding & Baby Milestones

Thursday, November 4th, 5-7 pm (Creole)

Building Healthy Blocks

Parenting & Drowning Prevention

Wednesday, November 3rd, 5 pm

Raising Healthy Babies —Parenting

Wednesday, November 17th, 5 pm

Pregnancy 101

Tuesday, November 16th, 5-7 pm

**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

Saturday, November 6th
9 am-1 pm

Saturday, November 13th
9 am-1 pm

Thursday, November 18th
5 pm-8 pm

**CONTACT INFORMATION:
561-517-2932**



Maternal Wellness Support Groups.
Learning together to manage Motherhood.

English Circle of Moms

Mondays at 3:30 pm
November 8th, 15th, 29th
Tuesdays at 2:00 pm
November 2nd, 9th, 16th, 30th
Wednesdays at 12:00 pm
November 3rd, 10th
Thursdays at 11:00 am
November 4th, 18th
Friday at 12:00 pm
November 12th

Spanish Circle of Moms

Mondays at 12:00 pm
November 8th, 15th, 29th
Tuesdays at 11:00 am
November 2nd, 9th, 16th, 30th
Wednesdays at 3:00 pm
November 3rd, 10th
Thursdays at 2:00 pm
November 4th, 18th
Friday at 12:00 pm
November 5th

**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 Group

Tuesday, November 30th
at 9:00 am

Spanish Group

Friday, November 12th
at 10:00 am

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