



**Workshops  
561-517-2932**

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

**Childbirth Class  
561-517-2932**

**Prenatal Yoga**  
October 3<sup>rd</sup>, 17<sup>th</sup>, & 24<sup>th</sup>  
6:00pm - 7:00pm  
Virtual

**Caring for Newborn (Spanish)**  
October 26<sup>th</sup>  
5:30pm - 7:30pm  
Virtual

**Breastfeeding (English)**  
October 19<sup>th</sup>  
5:30pm – 7:30pm  
In-Person at  
Lake Worth Library  
15 N M St, Lake Worth

**Infant CPR (English)**  
October 22<sup>nd</sup>  
10:30am - 12:30pm  
In-Person at  
Lake Park Library  
529 Park Avenue, Lake Park

**Pregnant women  
typically attend these  
classes within the 7th  
month (3rd trimester)  
of their pregnancy.  
Support partners are  
also welcome.**

**Saturday, October 1<sup>st</sup>**  
9:00am – 1:00pm  
In-Person at  
Lake Park Library  
529 Park Avenue  
Lake Park

**Saturday, October 8<sup>th</sup>  
(Spanish)**  
9:00am – 12:00pm  
Virtual

**Saturday, October 15<sup>th</sup>**  
9:00am – 1:00pm  
In-Person at  
Lake Worth Library  
15 N M St  
Lake Worth

**Monday, October 24<sup>th</sup>**  
5:00pm – 8:00pm  
In-person at HMHB  
4601 Lake Worth Rd  
Greenacres

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

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

**English Meetings**

**Mondays at 11:00am**  
October  
3<sup>rd</sup>, 10<sup>th</sup>, 24<sup>th</sup>, & 31<sup>st</sup>

**Tuesdays at 3:00pm**  
October  
11<sup>th</sup>, 18<sup>th</sup>, & 25<sup>th</sup>

**Wednesdays at 2:00pm**  
October  
5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, & 26<sup>th</sup>

**Thursdays at 11:30am**  
October 6<sup>th</sup>, 13<sup>th</sup>, & 27<sup>th</sup>  
In-Person at HMHB  
4601 Lake Worth Rd, Greenacres

**Spanish Meetings**

**Mondays at 2:00pm**  
October  
3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, & 31<sup>st</sup>

**Tuesdays at 10:00am**  
October  
11<sup>th</sup>, 18<sup>th</sup>, & 25<sup>th</sup>

**Wednesday at 11:00am**  
October  
12<sup>th</sup> & 19<sup>th</sup>

**Thursdays at 10:00am**  
October 6<sup>th</sup>, 13<sup>th</sup>, & 27<sup>th</sup>  
In-Person at HMHB  
4601 Lake Worth Rd, Greenacres

**Share Support Group  
561-517-1551**

**Pregnancy and Infant Loss Support Groups  
Grieving the loss of a pregnancy or a newborn? We can help!**

**Spanish Meeting-Wednesday**  
October 12<sup>th</sup> at 3:00pm

**English Meeting-Wednesday**  
October 19<sup>th</sup> at 3:00pm

To register or for more information about our  
educational programs

Visit our website at [www.hmhbpbpc.org](http://www.hmhbpbpc.org)  
Programs are FREE, but registration is REQUIRED.

Educational activities are  
proudly supported by:

