



July 2022

**Workshops
561-517-2541**

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

Prenatal Yoga
July 7th, 11th, 18th, 25th
6:00pm - 7:00pm

Healthy Cooking
July 13th
5:00pm - 7:00pm

Infant CPR (English)
July 16th
10:00am - 12:00pm

Breastfeeding (English)
July 20th
5:00pm - 7:00pm

Caring for Newborn (English)
July 23rd
10:00am - 12:00pm

Breastfeeding (Spanish)
July 26th
5:00pm - 7:00pm
In-Person at BRIDGES of Highland
713 North F St, Lake Worth FL 33460

**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.

Tuesday, July 12th
5pm - 8pm

Saturday, July 30th
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
July 11th, 18th, 25th

Mondays at 2:00 pm
July 11th, 18th, 25th

Wednesdays at 11:00 am
July 6th, 13th, 20th, 27th
In-Person

**Mothers and Babies
(Session 1)**
Tuesday at 1:00 pm-2:30pm
July 26th

Spanish Meetings

Tuesdays at 10:00 am
July 5th, 12th, 19th, 26th

Wednesdays at 2:00 pm
July 6th, 13th, 20th, 27th
In-Person

Thursdays at 11:00 am
July 21st, 28th

Thursdays at 1:00 pm
July 7th, 21st, 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-Thursday
July 28th at 9:00 am

Spanish Meeting-Thursday
July 21st at 9:00 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: