



**Educational Classes
561-517-2932**

Educational classes for pregnant women, new parents and their support partners.

Prenatal Yoga
December 5th, 8th, 12th, 15th
6:00 pm – 7:00 pm
Virtual

Breastfeeding
December 7th
5:30 pm - 7:30 pm
Virtual

Infant & Bedtime Safety
December 13th
5:30 pm - 7:30 pm
Virtual

Infant CPR
December 17th
5:30 pm - 7:30 pm
In-Person

6000 Northtree Blvd, Lake Worth

**Childbirth Class
561-517-2932**

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

Saturday, December 3rd
9:00 am – 1:00 pm
In person
6000 Northtree Blvd,
LakeWorth

Monday, December 12th
5:30 pm – 8:00 pm
Virtual

Thursday, December 15th
10:00 am – 2:00 pm
Virtual

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

Maternal Wellness Support Groups.
Learning together to manage Motherhood.

English Meetings

Monday's at 11:00 am
December 5th, 12th, 19th

Tuesday's at 3:00 pm
December 6th, 13th, 20th

Wednesday's at 2:00 pm
December 7th, 14th, 21st

Thursday's at 11:30 am
December 1st, 8th, 15th, 22nd
In Person
4601 Lake Worth Rd.

Spanish Meetings

Monday's at 2:00 pm
December 5th, 12th, 19th

Wednesday's at 11:00 am
December 7th, 14th, 21st

Thursday's at 10:00 am
December 1st, 8th, 15th, 22nd
In Person
4601 Lake Worth Rd.

Join us for a Mothers and Babies 6-session group in Spanish that reduces stress!

Tuesdays at 10:00 am
December 6th, 18th
Virtual

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

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

Monday-English
December 5th at 9:00 am

Monday-Spanish
December 12th at 9:00 am

**Circle of Dads
561-517-1551**

These groups offer expectant and new fathers a space to talk about parenting with other dads, receive support, guidance, and reduce the stress of fatherhood. We welcome traditional fathers, as well as father figures.
In person: 4601 Lake Worth Rd.

Wednesday-Spanish
December 5th at 6:00 pm

Wednesday-English
December 12th at 6:00 pm

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:

