



healthy mothers, healthy babies

Coalition of Palm Beach County, Inc.

# VIRTUAL EDUCATIONAL PROGRAMS Join us Online in November 2020

Programs are FREE, but registration is REQUIRED.

**TO REGISTER** → [www.hmhbpbcc.org](http://www.hmhbpbcc.org)

Educational activities are proudly supported by:



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

### Healthy Cooking 5-7pm

Tuesday, **November 10th** (ENG)  
Wednesday, **November 18th** (SP)

### Caring for Newborn

Monday, **November 16th** 5pm-7pm (SP)

### Infant and Child CPR

Tuesday, **November 10th** 5-7pm (SP)  
Thursday, **November 19th** 5-7pm (ENG)

### Breastfeeding and Infant Feeding

Monday, **November 9th** 5-7pm (Spanish)  
Thursday, **November 12th** 5-7pm (Creole)  
Saturday, **November 14th** 10am-12 (ENG)

### Building Healthy Blocks Series

#### Healthy Relationships—Parenting

Wednesday, **November 4th** 5-7pm

### Pregnancy 101

Monday **November 16th** 5pm-7pm

### Healthy Nutrition

Thursday, **November 17th** 5pm-7pm

### Safety During Pregnancy

Thursday, **November 5th** 5pm-7pm

**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 7th**  
9am-1pm

Thursday, **November 12th**  
5pm-8pm

Saturday, **November 14th**  
9am-1pm

Saturday, **November 21st**  
9am-1pm

### Spanish Class

Saturday, **November 7th**  
9am-1pm

**CONTACT INFORMATION:**  
561-517-2541



Maternal Wellness Support Groups.  
Learning together to manage Motherhood.

### English Circle of Moms

**Mondays at 12pm**  
November 2nd, 16th, 23rd  
**Tuesdays at 9am**  
November 3rd  
**Thursdays at 2pm**  
November 5th, 12th, 19th  
**Thursdays at 2pm**  
October 1st, 15th, 22nd

### Spanish Circle of Moms

**Mondays at 5pm**  
November 1st, 16th, 23rd  
**Thursdays at 11am**  
November 5th, 12th, 19th

### Mothers & Babies-English

**Wednesdays at 10am**  
November 18th, 25th

Circle of Moms is proudly funded by:  
Health Care District of Palm Beach County  
and The Lattner Foundation

**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 Groups

Tuesday, **November 17th**  
at 11am

### Spanish Groups

Tuesday, **November 24th**  
at 11am

**CONTACT INFORMATION:**  
561-517-1551  
[www.hmhbpbcc.org/share](http://www.hmhbpbcc.org/share)