



healthy mothers, healthy babies
Coalition of Palm Beach County, Inc.

EDUCATIONAL PROGRAMS

MARCH 2020

Programs are FREE, but registration is REQUIRED.

TO REGISTER → www.hmhbpbcc.org



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

Prenatal Yoga

Thursday, **March 5th & 26th** 6:30-7:45pm West Palm Beach

Breastfeeding and Infant Feeding

Thursday, **March 12th** 6pm-8pm, West Palm Beach

Saturday, **March 21st** 10am-12pm, Belle Glade

Infant/Child CPR

Wednesday, **March 11th** 4pm-6pm Belle Glade

Saturday, **March 21st** 9am-12pm West Palm Beach

Caring for Newborn

Thursday, **March 19th** 6pm-8pm, West Palm Beach

Healthy Cooking

Friday, **March 20th** 6pm-8pm, West Palm Beach

CONTACT INFORMATION:
561-623-2800



Maternal Wellness Support Groups.
Learning together to manage Motherhood.

Monday, **March 2nd** 6pm-8pm West Palm Beach

***ENGLISH**

Tuesday, **March 10th** 10am-12pm Greenacres

***SPANISH**

Thursday, **March 12th** 10am-12pm West Palm Beach

***ENGLISH**

Monday, **March 16th** 6pm-8pm West Palm Beach

***ENGLISH**

Tuesday, **March 24th**, 10am-12pm Greenacres

***SPANISH**

Thursday, **March 26th** 10am-12pm West Palm Beach

***ENGLISH**

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

CONTACT INFORMATION:
561-623-2716

Childbirth Classes

Classes are available at community locations throughout Palm Beach County and are held in English and Spanish. Pregnant women typically attend these classes within the seventh month (third trimester) of their pregnancy. Support partners are also welcome.

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

West Palm Beach

***ENGLISH**

Saturday, **March 21st** 9am-3pm

Lake Worth

***ENGLISH**

CONTACT INFORMATION:
561-665-4536



SHARE Pregnancy and Infant Loss Support Groups

Grieving the loss of a pregnancy or an newborn?

We can help!

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

Wednesday, **March 11th** 5pm-7pm

Wednesday, **March 18th** 5pm-7pm

West Palm Beach

hmhbpbcc.org/share

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561-623-2716

Educational activities are proudly supported by:

