



**Workshops
561-517-2541**

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

Prenatal Yoga

August 1st, 8th, 15th, 22nd, 29th
6:00 pm - 7:00 pm
Virtual

Caring for Newborn (Spanish)

August 13th
10:00 am – 12:00 pm
Virtual

Infant CPR (English)

August 16th
6:00 pm - 7:30 pm
In-Person at Carolyn Sims Center
225 NW 12th Avenue, Boynton Beach

Caring for Newborn (English)

August 24th
6:00 pm - 8:00 pm
In-Person at Igreja Restaurando Vidas
1955 South Military Trail, West Palm Beach

Infant & Bedtime Safety

August 25th
6:00 pm - 7:30 pm
In-Person at Carolyn Sims Center
225 NW 12th Avenue, Boynton Beach

Breastfeeding (English)

August 30th
5:30 pm - 7:30 pm
In-Person at Igreja Restaurando Vidas
1955 South Military Trail, West Palm Beach

**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.

Saturday, August 6th

9:00 am – 1:00 pm
In-Person at YMCA
9600 S. Military Trail, Boynton Beach

Monday, August 15th

5:00 pm – 8:00 pm
Virtual

Saturday, August 27th

9:00 am – 1:00 pm
Virtual

Wednesday, August 31st

(Spanish)
5:00 pm – 8:00 pm
Virtual

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

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

English Meetings

Mondays at 10:00 am & 2:00 pm
August 1st, 8th, 15th, 22nd, 29th

Wednesdays at 1:00 pm
August 3rd, 17th, 24th

Thursdays at 11:00 am
August 4th, 18th, 25th
In-Person

Mothers and Babies (Session 1 & 2)
Thursdays at 1:00 pm
August 18th & 25th
In-Person

Spanish Meetings

Tuesdays at 10:00 am
August 9th, 16th, 30th

Wednesdays at 11:00 am
August 3rd, 17th, 24th

Thursdays at 10:00 am
August 4th, 18th, 25th
In-Person

**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-Wednesday
August 24th at 10:00 am

Spanish Meeting-Wednesday
August 17th at 10:00 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: