



**February 2022**

**Workshops  
561-517-2541**

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

**Prenatal Yoga**

February 3<sup>rd</sup>, 7<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, & 28<sup>th</sup>  
6:00pm - 7:00pm

**Breastfeeding (English)**

February 23<sup>rd</sup>  
5:00pm - 7:00pm

**Infant CPR**

February 22<sup>nd</sup>  
5:00pm - 7:00pm

**Infant Safety**

February 9<sup>th</sup>  
5:00pm - 7:00pm

**Cooking**

February 16<sup>th</sup>  
5:00pm - 7:00pm

**Caring for Newborn (Spanish)**

February 8<sup>th</sup>  
5:00pm - 7:00pm

**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, February 5<sup>th</sup>**  
9am - 1pm

**Saturday, February 12<sup>th</sup>**  
9am - 1pm

**Saturday, February 26<sup>th</sup>**  
9am - 1pm (Spanish)

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

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

**English Meetings**

**Mondays at 3:00 pm**  
February 7<sup>th</sup>, 14<sup>th</sup>, 28<sup>th</sup>

**Wednesdays at 12:00 pm**  
February 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>

**Thursdays at 11:00 am**  
February 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>

**Spanish Meetings**

**Mondays at 12:00 pm**  
February 7<sup>th</sup>, 14<sup>th</sup>, 28<sup>th</sup>

**Tuesdays at 11:00 am**  
February 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>

**Wednesdays at 3:00 pm**  
February 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>

**Thursdays at 2:00 pm**  
February 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>

**Mother and Babies  
(Spanish) 2:00 pm**  
February 22<sup>nd</sup>  
First Session

**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-Thursdays**  
February 10<sup>th</sup> at 9:00 am  
February 24<sup>th</sup> at 9:00 am

**Spanish Meeting-Wednesdays**  
February 9<sup>th</sup> at 10:00 am  
February 23<sup>rd</sup> at 10:00 am

To register or for more information about our  
educational programs

Visit our website at **[www.hmhbpbpc.org](http://www.hmhbpbpc.org)**  
Programs are **FREE**, but registration is **REQUIRED**.

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