



Education & Training November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4 9am Childbirth English
6 6pm Yoga English	7	8	9	10 HMHB Offices Closed	11
13	14	15 5:30pm Newborn English	16	17 11am Yoga English 11am Childbirth Creole	18 9am Childbirth English
20 6pm Yoga English	21 5:30pm Newborn Spanish	22	23 HMHB Offices Closed	24 HMHB Offices Closed	25 10:30am CPR English
26	27	28 5:30pm Feeding English	29	30	

Class type: In-Person ■ Virtual ■

All classes are free to attend but registration is required.
To register and see additional class details,
including location, please visit hmhbpbcc.org/calendar.

HMHB Classes & Training

Childbirth Class (Childbirth)

Prepare for the birth of your baby by covering topics such as labor and delivery, labor support techniques, breathing and relaxation, and pain management.

Breastfeeding and Infant Feeding (Feeding)

Get a better understanding of how breastfeeding works. Learn to establish a healthy supply of breastmilk, how to help the baby latch, know if the baby is getting enough milk, and different breastfeeding positions.

Infant CPR & Child Safety (CPR)

The class will prepare you with basic techniques of infant CPR to give your child the best chance of recovering from an emergency including choking, drowning, or a breathing problem.

Prenatal Yoga (Yoga)

Learn techniques to increase breathing, reduce stress, and overall health awareness before birth in a nurturing environment.

Caring for Newborn (Newborn)

Get the basics of caring for a newborn, including diapering, feeding, and even caring for the umbilical stump. All support partners and family members are welcome to learn together!

Additional education and support services are available for all pregnant and postpartum families in Palm Beach County. To learn more visit hmhbpbcc.org.

Classes are available thanks to funding from





Healthy Mothers, Healthy Babies

Coalition of Palm Beach County

Support Groups

November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <div style="background-color: #f1c40f; padding: 5px; text-align: center;">10m COM English</div> <div style="background-color: #2980b9; padding: 5px; text-align: center;">11:30am COM English</div> <div style="background-color: #f1c40f; padding: 5px; text-align: center;">6pm COD English</div>	2 <div style="background-color: #2980b9; padding: 5px; text-align: center;">10am COM Spanish</div> <div style="background-color: #2980b9; padding: 5px; text-align: center;">11:30am COM English</div> <div style="background-color: #f1c40f; padding: 5px; text-align: center;">2pm M&B Spanish</div>	3
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13 <div style="background-color: #f1c40f; padding: 5px; text-align: center;">11am COM English</div> <div style="background-color: #f1c40f; padding: 5px; text-align: center;">3pm COM Spanish</div>	14 <div style="background-color: #f1c40f; padding: 5px; text-align: center;">11am COM Spanish</div> <div style="background-color: #f1c40f; padding: 5px; text-align: center;">2pm COM English</div>	15	16	17
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Group type: In-Person Virtual

**All groups are free to attend but registration is required.
Visit hmbpbc.org/calendar to register today!**

HMHB Support Groups

Circle of Moms (COM)

Motherhood can be hard, but it doesn't have to be lonely. Join a group today and connect with other moms in a safe and confidential space.

Mothers & Babies (M&B)

Learn to reduce stress, improve communication, bond with your baby, and get techniques to help baby learn to in this six-session group.

Pregnancy & Infant Loss Support (SHARE)

Share is a community for bereaved parents who are grieving the loss of a pregnancy or newborn. We offer the opportunity for parents to connect with other parents to heal together.

Circle of Dads (COD)

Fatherhood has its own challenges! Join a support group that provide safe spaces for dads to learn from other dads. Both biological fathers and father figures are welcome!

Additional education and support services are available for all pregnant and postpartum families in Palm Beach County.

To learn more visit hmbpbc.org

Groups are available thanks to funding from Ellen and Ronald Block Family Foundation, Inc., Health Care District of Palm Beach County, Hearst Foundations, and Town of Palm Beach United Way.