



# Healthy Mothers, Healthy Babies

Coalition of Palm Beach County

## Education & Training February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 10:30am - Childbirth English
5 6pm - Yoga English	6	7 10am - Safe Baby Spanish	8 5:30pm - Feeding Spanish	9	10 10:30am - CPR English
12 6pm - Yoga English	13	14 5:30pm - Feeding Creole	15 5:30pm - Newborn English	16	17 9am - Childbirth English
19 HMHB Offices Closed	20 5:30pm - Childbirth English	21 5:30pm - Childbirth English 5:30pm - Newborn Spanish	22 5:30pm - Safe Baby English	23	24 9am - Childbirth Spanish
26 6pm - Yoga English	27	28 5:30pm - Feeding English	29		

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 [hmbpbc.org/calendar](https://hmbpbc.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, call us at (561) 665-4500 or visit [hmbpbc.org](https://hmbpbc.org)**

Classes are available thanks to funding





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## Support Groups February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10am - COM Spanish 11:30am - COM English	2
5 11am - COM English 3pm - COM Spanish	6 11am - COM English 2pm - COM Spanish	7 10am - SHARE English 11am - COM English 3pm - COM Spanish 6pm - CBP Spanish	8 10am - COM Spanish 11:30am - COM English	9
12 3pm - COM Spanish	13 11am - COM English 2pm - COM Spanish	14 10am - SHARE Spanish 11am - COM English 3pm - COM Spanish	15 10am - COM Spanish 11:30am - COM English	16
19 HMHB Offices Closed	20 11am - COM English 2pm - COM Spanish	21 11am - COM English 3pm - COM Spanish 6pm - CBP English	22 10am - COM Spanish 11:30am - COM English	23
26	27	28	29	

Group type: In-Person ■ Virtual ■

**All groups are free to attend but registration is required.  
Visit [hmhbpbpc.org/calendar](https://hmhbpbpc.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 in this six-session group.

#### Couples Becoming Parents (CBP)

The birth of a baby can be an exciting time for couples but the transition to parenthood can be challenging. Join this group and connect with other couples to share experiences, successes, and concerns in a safe and confidential space.

#### 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.

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Groups are made possible with funding from Ellen & Ronald Block Family Foundation, Hearst Foundations, Kingdom Charitable Trust, Quantum Foundation, and Town of Palm Beach United Way.