



Healthy Mothers, Healthy Babies

Coalition of Palm Beach County

Education & Training December 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 9am Childbirth English
4 6pm Yoga English	5	6	7	8	9 9am Childbirth Spanish 10:30am CPR English
11	12	13	14 5:30pm Newborn Spanish	15	16 9am: Childbirth English
18 6pm Yoga English	19 5:30pm Newborn English	20 5:30pm Feeding English	21	22	23
25 HMHB Offices Closed	26 HMHB Offices Closed	27 HMHB Offices Closed	28 HMHB Offices Closed	29 HMHB Offices Closed	30 Happy New Year!

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 hmhbpbpc.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 hmhbpbpc.org.

Classes are available thanks to funding from





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Support Groups

December 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<div style="background-color: #0056b3; color: white; padding: 2px;">10am - COM Spanish</div> <div style="background-color: #0056b3; color: white; padding: 2px;">11:30am - COM English</div>	1
<div style="background-color: #f1c232; padding: 2px;">4</div> <div style="background-color: #f1c232; padding: 2px;">11am - COM English</div> <div style="background-color: #f1c232; padding: 2px;">3pm - COM Spanish</div>	<div style="background-color: #f1c232; padding: 2px;">5</div> <div style="background-color: #f1c232; padding: 2px;">11am - COM English</div> <div style="background-color: #f1c232; padding: 2px;">2pm - COM Spanish</div> <div style="background-color: #f1c232; padding: 2px;">6pm - CBP English</div>	<div style="background-color: #f1c232; padding: 2px;">6</div> <div style="background-color: #f1c232; padding: 2px;">10am - SHARE English</div> <div style="background-color: #f1c232; padding: 2px;">11am - COM English</div> <div style="background-color: #f1c232; padding: 2px;">3pm - COM Spanish</div>	<div style="background-color: #0056b3; color: white; padding: 2px;">7</div> <div style="background-color: #0056b3; color: white; padding: 2px;">10am - COM Spanish</div> <div style="background-color: #0056b3; color: white; padding: 2px;">11:30am - COM English</div>	8
<div style="background-color: #f1c232; padding: 2px;">11</div> <div style="background-color: #f1c232; padding: 2px;">11am - COM English</div> <div style="background-color: #f1c232; padding: 2px;">3pm - COM Spanish</div>	<div style="background-color: #f1c232; padding: 2px;">12</div> <div style="background-color: #f1c232; padding: 2px;">11am - COM English</div> <div style="background-color: #f1c232; padding: 2px;">2pm - COM Spanish</div>	<div style="background-color: #f1c232; padding: 2px;">13</div> <div style="background-color: #f1c232; padding: 2px;">11am - COM English</div> <div style="background-color: #f1c232; padding: 2px;">3pm - COM Spanish</div> <div style="background-color: #f1c232; padding: 2px;">6pm - CPB Spanish</div>	<div style="background-color: #0056b3; color: white; padding: 2px;">14</div> <div style="background-color: #0056b3; color: white; padding: 2px;">10am - COM Spanish</div> <div style="background-color: #0056b3; color: white; padding: 2px;">11:30am - COM English</div>	15
<div style="background-color: #f1c232; padding: 2px;">18</div> <div style="background-color: #f1c232; padding: 2px;">11am - COM English</div> <div style="background-color: #f1c232; padding: 2px;">3pm - COM Spanish</div>	<div style="background-color: #f1c232; padding: 2px;">19</div> <div style="background-color: #f1c232; padding: 2px;">11am - COM English</div> <div style="background-color: #f1c232; padding: 2px;">2pm - COM Spanish</div>	<div style="background-color: #f1c232; padding: 2px;">20</div> <div style="background-color: #f1c232; padding: 2px;">10am - SHARE Spanish</div> <div style="background-color: #f1c232; padding: 2px;">11am - COM English</div> <div style="background-color: #f1c232; padding: 2px;">3pm - COM Spanish</div>	<div style="background-color: #0056b3; color: white; padding: 2px;">21</div> <div style="background-color: #0056b3; color: white; padding: 2px;">10am - COM Spanish</div> <div style="background-color: #0056b3; color: white; padding: 2px;">11:30am - COM English</div>	22
<div style="background-color: #e91e63; padding: 2px;">25</div> <div style="background-color: #e91e63; padding: 2px;">HMHB Offices Closed</div>	<div style="background-color: #e91e63; padding: 2px;">26</div> <div style="background-color: #e91e63; padding: 2px;">HMHB Offices Closed</div>	<div style="background-color: #e91e63; padding: 2px;">27</div> <div style="background-color: #e91e63; padding: 2px;">HMHB Offices Closed</div>	<div style="background-color: #e91e63; padding: 2px;">28</div> <div style="background-color: #e91e63; padding: 2px;">HMHB Offices Closed</div>	<div style="background-color: #e91e63; padding: 2px;">29</div> <div style="background-color: #e91e63; padding: 2px;">Happy New Year!</div>

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.

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.

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.