



Healthy Mothers, Healthy Babies

Coalition of Palm Beach County

Education & Training April 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------------|-----------------------------------|---|--------------------------------|--------|------------------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 10:30am - Childbirth English |
| 8 6pm - Yoga English | 9 | 10 5:30pm - Feeding Creole | 11 5:30pm - Feeding Spanish | 12 | 13 10:30am - CPR English |
| 15 6pm - Yoga English | 16 5:30pm - Childbirth English | 17 5:30pm - Childbirth English 5:30pm - Newborn Spanish | 18 5:30pm - Newborn English | 19 | 20 10:30am - Childbirth English |
| 22 6pm - Yoga English | 23 5:30pm - CPR Spanish | 24 5:30pm - Feeding English | 25 | 26 | 27 9am - Childbirth Spanish |
| 29 6pm - Yoga English | 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 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

Classes are available thanks to support from





Healthy Mothers, Healthy Babies

Coalition of Palm Beach County

Support Groups April 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--------------------------------|
| 1 11am - COM English 3pm - COM Spanish | 2 11am - COM English 2pm - COM Spanish | 3 10am - SHARE English 11am - COM English 3pm - M&B Creole 3pm - COM Spanish | 4 10am - COM Spanish 11:30am - COM English | 5 11am - M&B Creole |
| 8 11am - COM English 3pm - COM Spanish | 9 11am - COM English 2pm - COM Spanish | 10 11am - COM English 3pm - M&B Creole 3pm - COM Spanish 6pm - CPB English | 11 10am - COM Spanish 11:30am - COM English 3pm - M&B Spanish | 12 11am - M&B Creole |
| 15 11am - COM English 3pm - COM Spanish | 16 11am - COM English 2pm - COM Spanish | 17 11am - COM English 3pm - COM Spanish 3pm - M&B Creole | 18 10am - COM Spanish 11:30am - COM English 3pm - M&B Spanish | 19 11am - M&B Creole |
| 22 11am - COM English 3pm - COM Spanish | 23 11am - COM English 2pm - COM Spanish | 24 10am - SHARE Spanish 11am - COM English 3pm - M&B Creole 3pm - COM Spanish 6pm - CPB Spanish | 25 10am - COM Spanish 11:30am - COM English 3pm - M&B Spanish | 26 11am - M&B Creole |
| 29 11am - COM English 3pm - COM Spanish | 30 11am - COM English 2pm - COM Spanish | | | |

Group type: In-Person ■ Virtual ■

**All groups are free to attend but registration is required.
Visit hmhbpbc.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.

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

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.