



healthy mothers, healthy babies

Coalition of Palm Beach County, Inc.

VIRTUAL EDUCATIONAL PROGRAMS Join us Online in January 2021

Programs are FREE, but registration is REQUIRED.

TO REGISTER → www.hmhbpbcc.org

Educational activities are proudly supported by:



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

Healthy Cooking

Wednesday, January 27th 5-7pm

Prenatal Yoga

Monday, January 11th 6-7pm

Monday, January 25th 6-7pm

Infant Child CPR

Saturday, January 23rd (ENG) 10am-12pm

Breastfeeding and Infant Feeding

Wednesday, January 13th 5-7pm (English)

Thursday, January 21st 5-7pm (Spanish)

Tuesday, January 26th 5-7pm (Creole)

Building Healthy Blocks

Healthy Relationships—Parenting

Wednesdays at 5pm

January 6th & 20th

Pregnancy 101

Tuesday, January 12th 5pm-7pm

Caring for Newborn

Thursday, January 28th 5pm-7pm

CONTACT INFORMATION:
561-517-2541

Childbirth Classes

Pregnant women typically attend these classes within the seventh month (third trimester) of their pregnancy.

Support partners are also welcome.

English Classes

Saturday, January 9th

9am-1pm

Saturday, January 16th

9am-1pm

Spanish Classes

Saturday, January 30th

9am-1pm

CONTACT INFORMATION:
561-517-2541



Maternal Wellness Support Groups.
Learning together to manage Motherhood.

English Circle of Moms

Tuesdays at 11am

January 5th, 12th, 19th

Thursdays at 2pm

January 7th, 21st, 28th

Spanish Circle of Moms

Thursdays at 11am

January 7th, 21st, 28th

Circle of Moms is proudly funded by:
Health Care District of Palm Beach County
and The Lattner Foundation

CONTACT INFORMATION:
561-517-1551



SHARE Pregnancy and Infant Loss Support Groups

Grieving the loss of a pregnancy or a newborn? We can help!

English Groups

Monday, January 11th

at 2pm

Spanish Groups

Monday, January 18th

at 2pm

CONTACT INFORMATION:
561-517-1551
www.hmhbpbcc.org/share