



# Education & Training

## October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 6pm - Yoga English	3	4	5 10am - Feeding Spanish	6	7 9am - Childbirth English
9	10	11 5:30pm - Childbirth English	12	13	14 10:30am - CPR English
16 6pm - Yoga English	17 5:30pm - Pregnancy English	18 5:30pm - Feeding English	19 5:30pm - Feeding Spanish	20 11am - Yoga English	21 9am - Childbirth English
23	24 5:30pm - Newborn English	25 11am - Childbirth Spanish	26	27	28
30	31				

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](https://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](https://hmhbpbpc.org).**

Classes are available thanks to funding from





# Healthy Mothers, Healthy Babies

Coalition of Palm Beach County

## Support Groups

### October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 3pm COM Spanish	3 11am COM Spanish 3pm COM English	4 10am SHARE Spanish 11am COM English	5 10am COM Spanish 11:30am COM English 2pm M&B Spanish	6
9	10 11am COM Spanish 3pm COM English	11 11am COM English 6pm CBP English	12 10am COM Spanish 11:30am COM English 2pm M&B Spanish	13
16 3pm COM Spanish	17 11am COM Spanish 3pm COM English	18 10am SHARE English 11am COM English	19 10am COM Spanish 11:30am COM English 2pm M&B Spanish	20
23	24	25 11am COM English 6pm CBP Spanish	26 10am COM Spanish 11:30am COM English 2pm M&B Spanish	27
30 3pm COM Spanish	31 11am COM Spanish			

Group type: In-Person ■ Virtual ■

**All groups are free to attend but registration is required.  
Visit [hmhbpbpc.org/calendar](http://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 to 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 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.