



**Educational Classes
561-517-2932**

Educational classes for pregnant women, new parents and their support partners.

<p>Prenatal Yoga August 7th, 21st 10:30 am – 12:30 pm Virtual</p>	<p>Caring for Newborn August 9th 6:00 pm – 8:00 pm Lake Park Library 529 Park Ave., Lake Park</p>	<p>Safe Baby Series: Spanish August 10th, 17th, 24th 5:30 pm – 7:30 pm Northend RISE 723 39th St., WPB</p>	<p>Infant CPR August 12th 10:30 am – 13:30 pm Lantana Branch Library 4020 Lantana Rd., Lake Worth</p>
<p>Prenatal Yoga August 14th 6:00 pm – 7:00 pm Sunshine Health 4278 Okeechobee Blvd., WPB</p>	<p>Breastfeeding August 18th 3:30 pm – 5:30 pm Acreage Branch Library 15801 Orange Blvd., Loxahatchee</p>	<p>Breastfeeding August 30th 5:30 pm – 7:30 pm Lantana Branch Library 4020 Lantana Rd., Lake Worth</p>	<p>Infant CPR (Spanish) August 31st 5:30 pm – 7:30 pm Lake Park Library 529 Park Ave., Lake Park</p>

**Circle of Moms Support Group
561-517-1551**

Maternal Wellness Support Groups. Learning together to manage motherhood.

<p>English Meetings Tuesdays at 3:00 pm August 1st, 8th, 15th, 22nd, 29th Virtual</p>	<p>Thursdays at 11:30 am August 3rd, 10th, 17th, 24th, 31st In Person 4601 Lake Worth Rd., Greenacres</p>	<p>Spanish Meetings Mondays at 3:00 pm August 7th, 14th, 21st, 28th Virtual</p>	<p>Tuesdays at 11:00 am August 1st, 8th, 15th, 22nd, 29th Virtual</p>	<p>Wednesdays at 11:00 am August 2nd, 9th, 16th, 23rd, 30th Virtual</p>	<p>Thursdays at 10:00 am August 3rd, 10th, 17th, 24th, 31st In Person 4601 Lake Worth Rd., Greenacres</p>
<p>Join us for a Mothers and Babies 6-session group that reduces stress! Mondays at 11:00 am August 7th, 14th, 21st, 28th, September 11th, 18th Virtual</p>					

**Childbirth Classes
561-517-2932**

Classes that aim to prepare parents for the birth of their baby; We cover such topics as labor and delivery, labor support techniques, breathing and relaxation, and pain management.

<p>Saturday, August 5th 9:00 am – 1:00 pm Northend RISE 723 39th St., West Palm Beach</p>	<p>Saturday, August 19th 9:00 am – 1:00 pm Virtual</p>
<p>Friday, August 25th 5:30 pm – 7:30 pm Virtual</p>	<p>Saturday, August 26th (Spanish) 9:30 am – 1:00 pm El Sol 106 Military Trl., Jupiter</p>

**Share Support Group
561-517-1551**

Pregnancy and Infant Loss Support Groups. Grieving the loss of a pregnancy or a newborn? We can help!

<p>Wednesday, August 9th (Spanish) 3:00 pm Virtual</p>	<p>Wednesday, August 30th (English) 3:00 pm Virtual</p>
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**Circle of Dads
561-517-1551**

Peer to peer support groups that provide safe space for dads to learn from other dads!

<p>Wednesday, August 2nd (English) 6:00 pm Virtual</p>	<p>Wednesday, August 23rd (Spanish) 6:00 pm Virtual</p>
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To register or for more information about our educational programs

Visit our website at www.hmhbpbpc.org
Programs are FREE, but registration is REQUIRED.

Educational activities are proudly supported by: