



May 2022

**Workshops
561-517-2541**

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

Prenatal Yoga
May 2nd, 5th, 16th, 19th, 23rd
6:00pm - 7:00pm

Breastfeeding (English)
May 12th
5:00pm - 7:00pm

Infant CPR (English)
May 21st
10:00am - 12:00pm
Virtual

Infant CPR (English)
May 10th

6:30pm - 8:00pm
In-Person - Acreage Library

Caring for Newborn (English)
May 17th
5:00pm - 7:00pm

Breastfeeding (Creole)
May 25th

6:30pm - 8:00pm
In-Person- Lantana Library

Healthy Cooking
May 11th
5:00pm - 7:00pm

Infant CPR (Spanish)
May 18th
6:30pm - 8:00pm
In-Person- Main Library

Pregnancy 101
May 26th
5:00pm - 7:00pm

**Childbirth Class
561-517-2932**

Pregnant women typically attend these classes within the seventh month (third trimester) of their pregnancy. Support partners are also welcome.

Tuesday, May 10th
5pm - 8pm

Saturday, May 14th
9am - 1pm

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

**Maternal Wellness Support Groups.
Learning together to manage Motherhood.**

English Meetings

Mondays at 1:00 pm
May 2nd, 9th, 16th, 23rd

Mondays at 10:00 am
May 9th & 23rd

Wednesdays at 11:00 am
May 11th, 18th, 25th
In-Person

Wednesdays at 2:00 pm
May 11th, 18th, 25th
In-Person

Spanish Meetings

Tuesdays at 10:00 am
May 10th, 17th, 24th, 31st

Tuesdays at 1:00 pm
May 31st

Thursdays at 11:00 am
May 26th

Thursdays at 1:00 pm
May 12th, 19th, 26th

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

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

English Meeting-Thursdays
May 12th at 3:00 pm
May 26th at 9:00 am

Spanish Meeting-Wednesdays
May 11th at 9:00 am
May 25th at 9:00 am

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: