



Educational Classes
561-517-2932

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

Infant CPR

July 8th

10:30 am – 12:30 pm

Northend RISE

723 39th St., West Palm Beach

Prenatal Yoga

July 10th & 24th

6:00 pm – 7:00 pm

Virtual

Pregnancy 101: Nutrition

July 11th

5:30 pm – 7:30 pm

Lantana Branch Library

4020 Lantana Rd., Lake Worth

Safe Baby (Spanish)

July 12th

5:30 pm – 7:30 pm

BRIDGES at Highland

713 N F St., Lake Worth

Caring for Newborn

July 13th

5:30 pm – 7:30 pm

Virtual

Breastfeeding (Spanish)

July 18th

5:30 pm – 7:30 pm

Virtual

Pregnancy 101: Parenting & Attachment

July 25th

5:30 pm – 7:30 pm

Lantana Branch Library

4020 Lantana Rd., Lake Worth

Breastfeeding (English)

July 27th

5:30 pm – 7:30 pm

Lake Park Library

529 Park Ave., Lake Park

Circle of Moms Support Group
561-517-1551

Maternal Wellness Support Groups. Learning together to manage motherhood.

English Meetings

Mondays at 11:00 am

July 3rd, 10th, 17th, 24th, 31st

Virtual

Tuesdays at 3:00 pm

July 11th, 18th, 25th

Virtual

Wednesdays at 10:00 am

July 7th, 15th, 21st

Virtual

Thursdays at 11:30 am

July 6th, 13th, 20th, 27th

In Person

4601 Lake Worth Rd., Greenacres

Spanish Meetings

Tuesdays at 11:00 am

July 11th, 18th, 25th

Virtual

Wednesdays at 11:00 am

July 5th, 12th, 19th, 26th

Virtual

Thursdays at 10:00 am

July 6th, 13th, 20th, 27th

In Person

4601 Lake Worth Rd., Greenacres

Childbirth Classes
561-517-2932

These classes aim to prepare parents for the birth of their baby by covering such topics as labor and delivery, labor support techniques, breathing and relaxation, and pain management.

Saturday, July 1st

9:00 am – 1:00 pm

Virtual

Saturday, July 15th (Spanish)

9:00 am – 1:00 pm

Northend RISE

723 39th St., West Palm Beach

Saturday, July 22nd

9:00 am – 1:00 pm

Virtual

Share Support Group
561-517-1551

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

Wednesday, July 12th (English)

3:00 pm

Virtual

Wednesday, July 26th (Spanish)

3:00 pm

Virtual

Workshop for Couples
561-517-1551

A group that explores the changes couples experience as they enter parenthood.

Wednesday, July 5th (Spanish)

6:00 pm

Virtual

Wednesday, July 19th (English)

6:00 pm

Virtual

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: