



January 2022

**Workshops  
561-517-2541**

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

**Prenatal Yoga**  
January 10<sup>th</sup>, 20<sup>th</sup>, & 24<sup>th</sup>  
6:00pm - 7:00pm

**Breastfeeding (English)**  
January 19<sup>th</sup>  
5:00pm - 7:00pm

**Breastfeeding (Spanish)**  
January 18<sup>th</sup>  
5:00pm - 7:00pm

**Infant Safety**  
January 11<sup>th</sup>  
5:00pm - 7:00pm

**Pregnancy 101**  
January 13<sup>th</sup>  
5:00pm - 7:00pm

**Infant CPR**  
January 25<sup>th</sup>  
5:00pm - 7:00pm

**Caring for Newborn (English)**  
January 26<sup>th</sup>  
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.

**Saturday, January 8<sup>th</sup>**  
9am - 1pm **IN-PERSON**

**Saturday, January 22<sup>nd</sup>**  
9am - 1pm **(Spanish)**

**Monday, January 31<sup>st</sup>**  
5pm - 8pm

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

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

**English Meetings**

**Mondays at 3:00 pm**  
January 10th, 24th, 31st

**Wednesdays at 12:00 pm**  
January 5th, 12th, 19th, 26th

**Thursdays at 11:00 am**  
January 6th, 13th, 20th

**Spanish Meetings**

**Mondays at 12:00 pm**  
January 10th, 24th, 31<sup>st</sup>

**Tuesdays at 11:00 am**  
**IN-PERSON**  
January 4th, 11th, 18<sup>th</sup>, 25<sup>th</sup>

**Wednesdays at 3:00 pm**  
January 5th, 12th, 19<sup>th</sup>, 26th

**Thursdays at 2:00 pm**  
January 13th, 20th, 27th

**Mother and Babies**  
**English- IN-PERSON**  
**Tuesdays at 2:00 pm**  
January 11th, 18th, 25th

**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**  
January 6<sup>th</sup> at 9:00 am  
January 27<sup>th</sup> at 11:00 am

**Spanish Meeting-Wednesdays**  
January 5<sup>th</sup> at 1:00 pm  
January 26<sup>th</sup> at 11:00 am

To register or for more information about our educational programs

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Programs are **FREE**, but registration is **REQUIRED**.

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