

Education & Training

August 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 10:30am - Childbirth English
5 6pm - Yoga English	6	7	8 5:30pm - Feeding Spanish	9	10 10:30am - CPR English
12 6pm - Yoga English	13	14 5:30pm - Feeding Creole	15 5:30pm - Newborn English	16	17 9am - Childbirth English
19 6pm - Yoga English	20 5:30pm - Childbirth English	21 5:30pm - Childbirth English	22	23	24 10:30am - Childbirth Spanish
26 6pm - Yoga English	27	28 5pm - CPR Spanish 5:30pm - Feeding English	29 5:30pm - Newborn Spanish	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 hmbpbc.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, call us at (561) 665-4500 or visit hmbpbc.org

Classes are available thanks to support from

Support Groups August 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 11am - M&B Creole (Lake Park) 12pm - COM PP English (West Palm) 3pm - COM PR Spanish (West Palm)	2
5 12pm - GRB English 2pm - M&B English 3pm - GRB Spanish	6 11am - M&B English (West Palm) 12pm - COM PP Spanish (West Palm) 3pm - COM PR English (West Palm)	7 11am - SHARE English 12pm - PPW English 1pm - M&B Creole 3pm - PPW Spanish	8 11am - M&B Creole (Lake Park) 12pm - COM PP English (West Palm) 3pm - COM PR Spanish (West Palm)	9
12 12pm - GRB English 2pm - M&B English 3pm - GRB Spanish	13 11am - M&B English (West Palm) 12pm - COM PP Spanish (West Palm) 3pm - COM PR English (West Palm)	14 11am - SHARE Spanish 11am - M&B Creole (West Palm) 12pm - PPW English 2pm - M&B Creole 3pm - PPW Spanish 6pm - CBP English	15 11am - M&B Creole (Lake Park) 12pm - COM PP English (West Palm) 3pm - COM PR Spanish (West Palm)	16
19 12pm - GRB English 2pm - M&B English 3pm - GRB	20 11am - M&B English (West Palm) 12pm - COM PP Spanish (West Palm) 1pm - SHARE Creole 3pm - COM PR English (West Palm)	21 11am - M&B Creole (West Palm) 12pm - PPW English 2pm - M&B Creole 3pm - PPW Spanish 6pm - CBP Spanish	22 11am - M&B Creole (Lake Park) 12pm - COM PP English (West Palm) 3pm - COM PR Spanish (West Palm)	23
26 2pm - M&B English	27 11am - M&B English (West Palm)	28 11am - M&B Creole 2pm - M&B Creole (West Palm)	29 11am - M&B Creole (Lake Park)	30

Group type:



Please visit our website for in-person group addresses.

All groups are free to attend but registration is required.

Visit hmbpbpc.org/calendar to register today!

HMHB Support Groups

Circle of Moms (COM)

Whether you are pregnant (PR) or have recently given birth (PP), Circle of Moms is an easy way to share your feelings and connect with other women who understand you. It is safe and confidential.

Getting Ready for Baby (GRB)

This three-session group will help you prepare for the arrival of your newborn as you transition to parenthood. We will discuss common concerns and doubts about the hospital stay, the first few days with baby, and how to cope with emotions.

Postpartum Wellness (PPW)

The postpartum period is a unique time of physical and emotional change the whole family. In this three-session group, you'll gain the knowledge and confidence needed to navigate the first few months of parenthood and have a healthy and well-supported experience.

Mothers & Babies (M&B)

Mothers & Babies is six-session group for pregnant women and new parents to help manage stress and prevent postpartum depression. These groups cover a variety of topics that help perinatal women cope with stress and/or depressive symptoms.

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 resource for grieving families who have suffered pregnancy loss or the loss of a child in the first few months of life. We provide a safe and supportive community where experiences, thoughts, and feelings can be freely expressed.

Additional education and support services are available for all pregnant and postpartum families in Palm Beach County.
To learn more visit hmbpbpc.org.

Groups are made possible with funding from Ellen & Ronald Block Family Foundation, Health Care District of Palm Beach County, Hearst Foundations, Kingdom Charitable Trust, Quantum Foundation, and Town of Palm Beach United Way.