



Educational Classes
561-517-2932

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

Breastfeeding
January 5th
5:30 pm – 7:30 pm
Virtual

Infant Safety Series: Infant CPR
January 14th
10:30 am - 12:30 pm
BRIDGES of Lake Park
1411 10th St. Lake Park

Infant Safety Series: Car Seat Safety
January 18th
5:30 PM-7:30 PM
Virtual

Prenatal Yoga
January 23rd, 30th
6:00 pm – 7:00 pm
Virtual

Breastfeeding Spanish
January 24th
5:30 pm - 7:30 pm
Virtual

Infant Safety Series: Safe Baby
January 25th
5:30 pm-7:30 pm
BRIDGES of West Palm Beach
720 8th St. West Palm Beach

Caring for Newborn Spanish
January 28th
10:00 pm – 12:00 pm
Virtual

Circle of Moms Support Group
561-517-1551

Maternal Wellness Support Groups.
Learning together to manage Motherhood.

English Meetings

Monday's at 11:00 am
January 9th, 23rd, 30th

Tuesday's at 10:00 am
January 3rd, 17th, 24th, 31st

Tuesday's at 3:00 pm
January 3rd, 10th, 17th, 24th, 31st

Thursday's at 11:30 am
January 5th, 12th, 19th
In Person
4601 Lake Worth Rd.

Spanish Meetings

Monday's at 2:00 pm
January 9th, 23rd, 30th

Wednesday's at 11:00 am
January 4th, 11th

Wednesday's at 2:00 pm
January 4th, 11th, 18th

Thursday's at 10:00 am
January 5th, 12th, 19th
In Person
4601 Lake Worth Rd.

Join us for a Mothers and Babies 6-session group in Spanish that reduces stress!

Monday's at 3:00 pm
January 23rd, 30th, February 6th, 13th, 27th & March 6th
Virtual

Workshop for Parents
561-517-1551

Join this group and
connect with other
couples to share
experiences, successes,
and concerns in a safe and
confidential space

Wednesday-Spanish
January 11th at 6:00 pm

Wednesday-English
January 18th at 6:00 pm

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-Spanish
January 4th at 3:00 pm

Wednesday-English
January 11th at 3:00 pm

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, January 7th
10:00 am – 2:00 pm
Virtual

Tuesday, January 17th
5:30 pm – 8:00 pm
Virtual

Saturday, January 21st
9:30 am – 1:30 pm
BRIDGES of Lake Park
1411 10th St. Lake Park

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: