

Education & Training July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 HMHB Offices Closed	5	6 9am - Childbirth English
8 6pm - Yoga English	9	10	11 5:30pm - Feeding Spanish	12 11am - Feeding Creole	13 10:30am - CPR English
15 6pm - Yoga English	16	17 5:30pm - Newborn Spanish	18 5:30pm - Newborn English	19	20 10:30am - Childbirth English
22 6pm - Yoga English	23 5:30pm - Safety English	24 5:30pm - Feeding English	25	26	27 10:30am - Childbirth Spanish
29 6pm - Yoga English	30	31	27	28	29

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 hmhbpbc.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 hmhbpbc.org

Classes are available thanks to support from

Support Groups July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 12pm - GRB English 3pm - GRB Spanish	2 12pm - COM PP Spanish (West Palm) 3pm - COM PR English (West Palm)	3 12pm - PPW English 1pm - M&B Creole 3pm - PPW Spanish 6pm - COD English	4 HMHB Offices Closed	5
8 12pm - GRB English 2pm - M&B English 3pm - GRB Spanish	9 11am - M&B English (West Palm) 12pm - COM PP Spanish (West Palm) 3pm - COM PR English (West Palm)	10 11am - SHARE English 12pm - PPW English 1pm - M&B Creole 3pm - PPW Spanish	11 11am - M&B Creole (Lake Park) 12pm - COM PP English (West Palm) 3pm - COM PR Spanish (West Palm)	12
15 12pm - GRB English 2pm - M&B English 3pm - GRB Spanish	16 11am - M&B English (West Palm) 12pm - COM PP Spanish (West Palm) 1pm - SHARE Creole 3pm - COM PR English (West Palm)	17 1pm - M&B Creole	18 11am - M&B Creole (Lake Park)	19
22 2pm - M&B English	23	24 11am - SHARE Spanish 12pm - PPW English 3pm - PPW Spanish 6pm - COD Spanish	25	26
29	30 12pm - COM PP Spanish (West Palm) 3pm - COM PR English (West Palm)	31 1pm - M&B Creole		

Group type:



Please visit our website for in-person group addresses.

All groups are free to attend but registration is required.
Visit hmhpbpc.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.

Circle of Dads (COD)

Dads play an important role in their family, and we are here to listen and support them along the way. Circle of Dads is a peer-to-peer support group that provides a safe space for dads to learn from other dads. We invite both biological fathers and father figures to talk about parenting challenges and successes.

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 hmhpbpc.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.