September Healthy Pregnancy Event Calendar

Due to COVID-19, some NYC Department of Health and Mental Hygiene services and scheduled activities at Health Action Center buildings are offered virtually, in-person, or a hybrid of both. To check if your service or activity is in person or online, see the descriptions below.

Tremont

Crib and Car Seat Distribution
Families can get an infant car seat or safe sleep surface for their infant, if they need one.
To register, call 718-508-0629.
Wednesdays | 2 to 5 p.m.

Virtual Baby Café
This virtual support group is for people who are breastfeeding. Trained professionals will provide practical breastfeeding support, such as help with latching and breast milk supply, and answer questions from participants. This month’s topics include:
- September 1st: Learn how to select a breast pump.
- September 8th: Learn how to hand express milk.
- September 15th: Learn about breast infections.
- September 22nd: Learn how to connect with your partner during breastfeeding.
- September 29th: Learn about common breastfeeding myths.
To register, visit bit.ly/BabyCafeBx.
Thursdays | 11 a.m. to noon | English

Harlem

Crib and Car Seat Distribution
Families can get an infant car seat or safe sleep surface for their infant, if they need one.
Email HarlemFWS@health.nyc.gov for requirements and documentation.
Wednesdays | 10 a.m. to 1 p.m.

Baby Café
This in-person and virtual support group is for people who are breastfeeding. Trained professionals will provide practical breastfeeding support, such as help with latching and breast milk supply, and answer questions from participants. This month’s topics include:
- September 1st: Learn how to select a breast pump.
- September 8th: Learn how to hand express milk.
- September 15th: Learn about breast infections.
- September 22nd: Learn how to connect with your partner during breastfeeding.
- September 29th: Learn about common breastfeeding myths.
To register, visit bit.ly/BabyCafeEH.
Thursdays | 5:30 to 7:30 p.m.

Lactation Room
This room provides a safe and comfortable space for mothers to express breast milk or nurse their babies. To learn more, drop in and speak with the Family Wellness Suite team at the Harlem Action Center.

Brownsville

Childbirth Education
This free, virtual, eight-week cycle of classes will teach pregnant and support people about the signs and stages of labor, breathing and relaxation, and breastfeeding.
To register, visit bit.ly/BirthEdBK, call 844-919-1123, or email HealthyStartBrooklyn@health.nyc.gov.
Tuesdays | Noon to 2 p.m.
Thursdays | 5:30 to 7:30 p.m.

ROSE (Reach Out, Stay Strong: Essentials)
This free, virtual workshop provides information and resources to people who are pregnant on how to lower the risk of postpartum depression.
To register, visit bit.ly/ROSEBrooklyn, call 844-919-1123, or email HealthyStartBrooklyn@health.nyc.gov.
Thursdays | 1 to 2 p.m.

Fatherhood Development Classes
This free, virtual, 16-session class aims to promote personal and parental growth among fathers.
To register, visit bit.ly/FatherhoodClassBK, or text or call 848-467-7883.
Tuesdays and Thursdays | 3 to 4:30 p.m.

Crib and Car Seat Distribution
Families can get a car seat or safe sleep surface for their infant, if they need one.
To register, call 718-312-6136.
Thursdays | 10 a.m. to 1 p.m.

Baby Café
This in-person and virtual support group is for people who are breastfeeding. Trained professionals will provide practical breastfeeding support, such as help with latching and breast milk supply, and answer questions from participants. This month’s topics include:
- September 1st: Learn how to select a breast pump.
- September 8th: Learn how to hand express milk.
- September 15th: Learn about breast infections.
- September 22nd: Learn how to connect with your partner during breastfeeding.
- September 29th: Learn about common breastfeeding myths.
To register, visit bit.ly/BabyCafeBk.
Thursdays | 5:30 to 7:30 p.m.

Virtual Infant Safety and CPR Class
This non-certifying, virtual class will teach participants about infant CPR, infant breathing emergencies, safe sleep, and home safety.
To register, visit bit.ly/InfantSafetyBK.
Thursday, September 1 | 5:30 to 6:30 p.m.

Virtual Newborn Care Class
This two-part class will teach participants about baby basics, bonding, attachment, adjusting to their newborn and what to expect after the newborn period.
To register, visit bit.ly/NewbornCareBK.
Tuesday, September 13 | 11 a.m. to 1 p.m.
Thursday, September 15 | 11 a.m. to 1 p.m.

Continued on next page
For more information or to request an accommodation, please use the contact information provided on each activity’s registration page.

Most classes are in English, but if language services are needed, contact us at least 72 hours before the class.

September Healthy Pregnancy Event Calendar

Due to the COVID-19, some in-person NYC Department of Health and Mental Hygiene services and scheduled activities at Health Action Center buildings have been suspended until further notice. To check if your service or activity is in person or online, see the descriptions below.

**Virtual Family Foundations Information Session**
This 30-minute session explains our nine-week cycle of virtual classes for parents in Brooklyn as they prepare for childbirth and then adjust to life with their newborn. Classes are suitable for couples and for parents who are not in a relationship with each other.
To register, visit bit.ly/FamilyFoundationsHSB.
Tuesdays | 6:30 to 7 p.m.
Saturdays | 12:30 to 1 p.m.

**Excellence Baby Academy**
This virtual, nine-month program is for pregnant people and families with children younger than 18 months. Parents will learn how to make toys to support their children's learning and development, as well as parenting strategies and skills. Weekly groups promote healthy childhood development and prepare children for school.
To enroll, email rsmith@excellencefamilies.org or call or text 347-350-3636.

**Remembering You, Remembering Us**
This group is for parents, families and childbirth support people who have lost a pregnancy or a child due to pregnancy-related causes. This is a free virtual support group with occasional in person gatherings. To sign up for the next session, fill out this form: bit.ly/3OrZQin.