

January Healthy Pregnancy Event Calendar



Due to the COVID-19 public health emergency, all services and activities listed below will be held virtually unless otherwise indicated.

TREMONT

Virtual Birth Planning Workshop

This virtual workshop teaches expectant families and parents how to create a birth plan to help meet their birth goals.

To register, visit bit.ly/BirthPlanningBX.

Monday, January 11 and 18 | 6 to 7:30 pm

Virtual Preeclampsia in Pregnancy Workshop

This virtual workshop is for expectant families and parents to discuss the effects of preeclampsia during pregnancy. Preeclampsia is when pregnant people begin to develop high blood pressure, protein in their urine and other symptoms after 20 weeks of pregnancy.

To register, visit bit.ly/PreeclampsiaBX.

Wednesday, January 13 | 3 to 4 p.m.

Virtual Childbirth Education Workshop

This virtual workshop teaches expectant families what to expect when labor starts, when the baby is born and during postpartum care.

To register, visit bit.ly/BXChildbirth.

Monday, January 25 | 6 to 7:30 p.m.

Awareness for All: COVID-19 Webinars

These webinars will be held on the following dates and times to discuss the COVID-19 public health emergency (including where you can get tested):

Every Tuesday | 10 to 11 a.m.

Webex meeting number: 173 087 7797

Password: health

Every Thursday | 5 to 6 p.m.

Webex meeting number: 173 662 0531

Password: health

To join a webinar, visit bit.ly/WebexSignin at one of the days and times above and enter the meeting number and password.

For more information or help joining, email gmckenzi@health.nyc.gov or cbido@health.nyc.gov.

HARLEM

Project Liberation

This virtual empowerment group aims to help women with a history of criminal justice involvement integrate back into society in a productive and healthy manner.

To register, visit bit.ly/LiberationHa.

Mondays | 6 to 8 p.m.

Virtual Baby Cafe

This virtual support group provides guidance on breastfeeding to families. Sessions will be led by a trained professional experienced in practical breastfeeding support.

To register, visit bit.ly/2X76wZr.

Wednesdays | 10 a.m. to noon

Poetry Writing and Spoken Word

This virtual healing and empowerment poetry writing and spoken word workshop teaches participants how to creatively express their feelings and experiences.

To register, visit bit.ly/PoetryHA.

Wednesdays | 5 to 6:30 p.m.

BROWNSVILLE

Virtual Preparing for Pregnancy

This free, virtual workshop series is for people who are interested in becoming pregnant, including people who have had a miscarriage (loss of a pregnancy).

To register, visit bit.ly/PreparingforPregnancyBK.

Monday, January 11 | 2 to 3 p.m.

Virtual Care for the Caregiver

This virtual session will give community service providers and employees the support and tools they need to heal and effectively navigate their work.

To register, visit bit.ly/CarefortheCareGiverBK.

Monday, January 25 | 2 to 3 p.m.

Virtual Infant Massage Workshop

This virtual workshop teaches parents the skills they need to effectively massage their baby.

To register, visit bit.ly/InfantMassageBK.

Mondays | 11 a.m. to noon

Virtual Family Foundations Information Session

This nine-week cycle of virtual classes is for expectant parents in Brooklyn as they prepare for and then adjust to life with their newborn. Classes are suitable for parents who are not in a relationship with each other.

To learn more, register for one of our information sessions at bit.ly/FamilyFoundationsBK.

Mondays | 5 to 5:30 p.m.

Saturdays | 2:30 to 3 p.m.

Virtual Childbirth Education

This eight-week cycle of virtual classes is for pregnant and support people to learn about topics such as the signs and stages of labor, breathing and relaxation, and breastfeeding.

To register, visit bit.ly/BirthEdBK.

Tuesdays | noon to 2 p.m.

Thursdays | 5:30 to 7:30 p.m.

Virtual Baby Café

This virtual support group is for people who are breastfeeding. Trained professionals will give participants practical breastfeeding support, such as help with latching and milk supplies, and address other questions from new and growing families.

To register, visit bit.ly/BabyCafeBk.

Thursdays | 5:30 to 7:30 p.m.



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.