Healthy Pregnancy Event Calendar | September 2020

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

### BROWNSVILLE

**Virtual Family Foundations**
This nine-week cycle of virtual classes is for expectant parents in Brooklyn as they prepare for childbirth and adjust to their newborn. Classes are suitable for parents who are not in a relationship with each other.
To register, visit [bit.ly/FamilyFoundationsBK].

- **Mondays** | 5:30 to 7:30 p.m.
- **Saturdays** | 3 to 5 p.m.

**Virtual Childbirth Education**
This eight-week cycle of virtual classes is for pregnant and support people to learn about 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.

**Newborn Care**
This two-part class teaches baby basics, bonding, attachment, how to adjust to your newborn and what to expect after birth.
To register, visit [bit.ly/NewbornCareHSB].

- **Tuesday, Sep. 8** | 3 to 5 p.m.
- **Thursday, Sep. 10** | 3 to 5 p.m.

**Remembering You, Remembering Us**
This virtual support group is for parents and families who are mourning the loss of a pregnancy or child. The group is offered monthly and gives you an opportunity to receive emotional support from the convenience of your home.
For information on joining, call 718-781-6979

- **Wednesday, Sep. 30** | 7 to 8 p.m.
- The group is also offered in Spanish. To register for the Spanish session, visit [bit.ly/SpanishSupportGroup].

### HARLEM

**Virtual Baby Café**
This virtual support group provides guidance on breastfeeding to families. Sessions will be led by a registered nurse.
To register, visit [bit.ly/2X76wZr].

- **Wednesdays** | 10 a.m. to noon

**Project Liberation**
This virtual women's empowerment group aims to help women with a history of criminal justice involvement integrate back into society in a productive and healthy manner. Through coaching, mindfulness tools, journaling and self-reflection, this group helps women move past uncertainty, fear and trauma.
To register, visit [bit.ly/ProjectLiberationHA].

- **Fridays** | noon to 2 p.m.

**Postpartum Care Virtual Workshop**
This virtual class will help new parents learn how to care for themselves physically, mentally and emotionally after their baby's arrival.
To register, visit [bit.ly/PostPartumCare].

- **Thursday, Sep. 24** | 11 a.m. to 12:30 p.m.

### AND MORE!

Most classes are in English, but if language services are needed, contact us at least 48 hours before the class.