

Find Your Community with Our Healthy Baby Classes

Join us for a series of welcoming, informative classes designed to support you and your little one—from pregnancy through baby's first year. Whether you're expecting, a new parent, a grandparent or just looking to connect with other caregivers, there's a place for you here!

Upcoming Class Schedule:

Baby's First Foods

May 5, 2025 | 11:30 AM – 12:30 PM

Mom-to-Mom Breastfeeding Class

May 6, 2025 | 10 AM – Noon

Breastfeeding Support Group

May 30, 2025 | 10 – 11 AM English
11 – Noon Spanish

Mom-to-Mom Breastfeeding Class

June 3, 2025 | 10 AM – Noon

Breastfeeding Support Group

June 27, 2025 | 10 – 11 AM English
11 – Noon Spanish

At Home Toolkit for Parents

June 25, 2025 | Noon – 1 PM

Mom-to-Mom Breastfeeding Class

July 8, 2025 | 10 AM – Noon

Safe Sleep

July 11, 2025 | 5 – 6 PM

Oral Health

August 1, 2025 | 10 – 11 AM

Mom-to-Mom Breastfeeding Class

August 5, 2025 | 10 AM – Noon

Prenatal Nutrition

September 3, 2025 | 9:30 – 10:30 AM

Mom-to-Mom Breastfeeding Class

September 9, 2025 | 10 AM – Noon

Mom-to-Mom Breastfeeding Class

October 7, 2025 | 10 AM – Noon

Tummy Time

October 14, 2025 | 10 – 11 AM

Mom-to-Mom Breastfeeding Class

November 4, 2025 | 10 AM – Noon

Hidden Fruits and Veggies for Picky Eaters

November 5, 2025 | 9:30 – 10:30 AM

Pumping 101

December 3, 2025 | 9:30 – 10:30 AM

Mom-to-Mom Breastfeeding Class

December 9, 2025 | 10 AM – Noon

Let's grow healthy families—together!

Why Join?

- Get tips from subject matter experts
- Connect with other parents and caregivers
- Build confidence in caring for your baby
- Enjoy a supportive, inclusive space

For more details
about each class
scan the QR code



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HEALTH**

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