



APRIL 2025

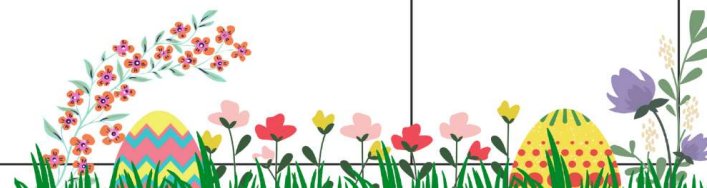


REMINDERS:

THIS MARK: ► INDICATES IN PERSON CLASS.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
	1 PARENTING CLASS: SPRING FORWARD (PROMOTING HEALTHY CHILD DEVELOPMENT) ON ZOOM @ 12:00 PM HIJOS CON NECESIDADES ESPECIALES EN GOOGLE MEET A LAS 6:00PM THE IMPORTANCE OF FATHERS (ENPOTANS PAPA NAN KAY LA) ZOOM @ 5:00 PM	2 CONVERSATIONS WITH LENA (BY APPOINTMENT ONLY) HIJOS CON NECESIDADES ESPECIALES EN GOOGLE MEET A LAS 6:00PM	3 PRENATAL CLASS: BABIES IN BLOOM (TRIMESTER DEVELOPMENT) ZOOM @ 5:45PM COMO ANIMAR A LOS NINOS EN GOOGLE MEET A LAS 6:00PM	5 SESSION 1: INFANT CARE MASSAGE INSTRUCTION ON ZOOM @ 11 AM (PRE-REGISTRATION REQUIRED CONTACT LENA (772) 812-0061)
7 FATHER'S HEALTH I (SANTE GASON I) ZOOM @ 6:30PM	8 PARENTING CLASS: ¡SPRING CLEANING- A FRESH START! ON ZOOM @ 12:00 PM ALERGIAS ALIMENTARIAS EN GOOGLE MEET A LAS 6:00 PM FATHER'S HEALTH II (SANTE GASON II) ZOOM @ 5:00 PM	9 CONVERSATIONS WITH LENA (BY APPOINTMENT ONLY) ALERGIAS ALIMENTARIAS EN GOOGLE MEET A LAS 6:00PM	10 PRENATAL CLASS: APRIL SHOWERS (BABY REGISTRY ESSENTIALS) ON ZOOM @ 5:45 PM TO 6:45PM TRAMPAS PARA PADRES EN GOOGLE MEET A LAS 6:00PM	12 ► IN PERSON @ 11AM: SESSION 2: INFANT MASSAGE (PREVIOUS ATTENDANCE OF SESSION 1 IS REQUIRED.)
14 THE BENEFITS OF BREASTFEEDING I (BENEFIS KI GENYEN NAN BAY TETE I) ZOOM @ 6:30PM	15 ► BUSY BEES: IN PERSON- PARENTING CLASS: INFANT AND TODDLER PLAYGROUP @ 11:00AM RELACIONES SANAS EN GOOGLE MEET A LAS 6:00 PM THE BENEFITS OF BREASTFEEDING II (BENEFIS KI GENYEN NAN BAY TETE II)- ZOOM @ 5:00 PM	16 CONVERSATIONS WITH LENA (BY APPOINTMENT ONLY) RELACIONES SANAS EN GOOGLE MEET A LAS 6:00PM	17 PRENATAL CLASS: GREAT EXPECTATIONS AND PREGNANCY ZOOM @ 5:45PM ESTABLECER LIMITES EN GOOGLE MEET A LAS 6:00PM	
21 MILK FAT: ¿WHAT'S THE DIFFERENCE? 1 (LET, DIFERANS KI GENYEN I) ZOOM @ 6:30PM	22 PARENTING CLASS: SPRING FEVER: WHEN YOUR CHILD BECOMES ILL ON ZOOM @ 12:00 PM ► PRESENTACIÓN EN PERSONA CON MARIA BONILLA A LAS 5:30 PM MILK FAT: ¿WHAT'S THE DIFFERENCE? 1 (LET, DIFERANS KI GENYEN II) ZOOM @ 5:00PM	23 CONVERSTAIONS WITH LENA (BY APPOINTMENT ONLY) CULTIVAR TUS PROPIOS ALIMENTOS EN GOOGLE MEET @ 6:00 PM	24 PARENTING CLASS: MODERN PARENTING ON ZOOM @ 5:45PM EVITAR EL DESPERDICIO DE ALIMENTOS EN GOOGLE MEET @ 6:00 PM	
28 IMPORTANCE OF EATING SLOWLY I (ENPOTANS NAN PRAN TANW POU MANJE I) ZOOM @ 6:30PM	29 PARENTING CLASS: GROWING AND LEARNING (CHILDCARE CONSIDERATIONS) ON ZOOM @12:00PM ► TREASURE COAST FOOD BANK: UN NUEVO BEBE Y MI CUERPO POSTPARTO PRESENTADO POR PATRICIA GIL A LAS 5:30PM IMPORTANCE OF EATING SLOWLY II (ENOTANS NAN PRAN TANW POU MANJE II) ZOOM @5:00PM	30 CONVERSTAIONS WITH LENA (BY APPOINTMENT ONLY) EL GUSTO POR LOS DULCES DE TU NIÑO PEQUEÑO EN GOOGLE MEET A LAS 6:00PM		



FOR MONTHLY CALENDARS PLEASE GO TO

[HTTPS://WWW.WOMENSCARECENTER.ORG/_FILES/UGD/3E5420_584AF5AA1A62423D99FB8C9F67ACBF3.PDF](https://www.womenscarecenter.org/_files/ugd/3E5420_584AF5AA1A62423D99FB8C9F67ACBF3.PDF)



ZOOM PARENTING CLASSES

Tuesdays @ 12:00 PM

Prenatal Classes Thursdays @ 5:45 PM

To participate please follow this link:

<https://zoom.us/j/98585891050>

Conversations with Lena are every Wednesday by appointment only, to set an appointment, please call Lena at 772.812.0061.

Please turn on your camera. It should remain on during the entire class. Clients are welcome to attend as many classes as they would like but will only earn coupons once a week. As much as 2 coupons which is 1 coupon to shop for an item and 1 bundle of 10 Diapers. Clients attending class with an adult support person, will earn two coupons and 20 diapers!! The support person is expected to be on camera and to attend a full class to earn coupons and diapers.

CLASSES IN CREOLE! (KLAS EN CREOLE)

Klas bay tete (1 bagay crib club + 10 diaper). Kliyan ki gen yon lot moun avek yo kap sipote yo ap touche 2 koupon ak 20 diaper.

<https://zoom.us/j/5106612868?pwd=7GnCpobiwyieb1YlCvaag7bZ7hW2JO.1>

Meeting ID: 510 661 2868

Password: 258678

CLASES VIRTUALES EN ESPAÑOL

Para participar de las clases virtuales por favor ingrese al enlace: **<https://meet.google.com/xjk-nyzq-mqz>**

Por favor de tener su cámara prendida durante toda la clase. Las madres que participan recibirán un incentivo una vez por semana, (1C-1D) que significa recibir: 1 cupón para comprar y un cupón para recibir un manojito de 10 pañales. ¡Clientas que atienden clases completas con una persona adulta de apoyo, ganarán 2 cupones y 20 pañales cada semana!