

May 2024

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 *9-11am Mom's Wellness Group	3	4
5	6 12pm Lemon Squeeze Spanish	7	8 12pm Baby Sign Language Spanish	9 *9-11am Mom's Wellness Group 12pm Breastfeeding 1pm Potty Training	10	11
12	13	14 11am Birth Planning 1pm Infant CPR 6pm My Child's Speech 6pm Dads 4 life	15	16 *9-11am Mom's Wellness Group 12pm Developmental Play 1pm New Baby Care	17	18
19	20 12pm Lemon Squeeze	21 11am Postpartum Care 1pm Preparing for Labor 6pm Team Parenting	22 12pm Car Seat Safety Spanish	23 *9-11am Mom's Wellness Group	24	25
26	27	28 11am Lamaze 1pm Pregnancy 101 6pm My Child's Speech Spanish	29	30 *9-11am Mom's Wellness Group	31	



- **Moms Wellness group eligibility: All moms who are pregnant or have children 0-12 months**

June 2024

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 12pm Lemon Squeeze Spanish	4 11am Infant CPR 1pm Nutrition for a Healthy Pregnancy	5 12pm Potty Training Spanish	6 *9-11am Mom's Wellness Group	7	8
9	10 12pm Lemon Squeeze	11 11am Postpartum Care 1pm Pregnancy 101 6pm Womens Health 6pm Dads 4 life	12	13 *9-11am Mom's Wellness Group	14	15
16	17	18 11am Lamaze 1pm Car Seat Safety	19 12pm Home Safety Spanish	20 *9-11am Mom's Wellness Group	21	22
23	24	25 11am Preparing for Labor 1pm Birth Planning 6pm Infant CPR Spanish	26	27 *9-11am Mom's Wellness Group	28	29
30						



- **Moms Wellness group eligibility: All moms who are pregnant or have children 0-12 months**