

February 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

Childbirth Education Workshop

This virtual workshop will teach expectant families what to expect when the pregnant person goes into labor, when they give birth and after they give birth.

To register, visit bit.ly/BXChildbirth.

Monday, February 1 and 8 | 6 to 7:30 p.m.

Virtual Birth Planning Workshop

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

To register, visit bit.ly/BirthPlanningBX.

Monday, February 22 | 6 to 7:30 pm

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/ProjectLiberationHA.

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, 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

Newborn Care Class

This two-part class will teach participants about baby basics, bonding, attachment, adjusting to their newborn and what to expect after the newborn period.

To register, visit bit.ly/NewbornCareBK.

Tuesday, February 9 | 3 to 5 p.m.

Thursday, February 11 | 3 to 5 p.m.

Virtual Infant Safety and CPR Class

This non-certifying virtual class will teach participants about infant CPR, infant breathing emergencies, safe sleep and home safety.

To register, visit bit.ly/InfantSafetyBK.

Tuesday, February 16 | noon to 2 p.m.

Thursday, February 18 | 5:30 to 7:30 p.m.

Virtual Preparing for Pregnancy

This virtual workshop is for people who are interested in becoming pregnant, including people who had a miscarriage (loss of a pregnancy). Participants will learn how to keep up their health before becoming pregnant to increase their chances of conceiving and carrying a healthy pregnancy to term.

To register, visit bit.ly/PreparingforPregnancyBK.

Monday, February 8 | 2 to 3 p.m.

Virtual Infant Massage Workshop

This virtual workshop will teach parents how to effectively massage their baby.

To register, visit bit.ly/InfantMassageBK.

Monday, February 8 and 22 | 11 a.m. to noon

Care for the Caregiver

This free, virtual session is for community service providers (such as doulas and home health aides) to get support and resources for stress management, self-care and burnout.

To register, visit bit.ly/CarefortheCareGiverBK.

Monday, February 22 | 2 to 3 p.m.

BROWNSVILLE (Continued)

Childbirth Education Class

This free, virtual, eight-week cycle of classes will teach pregnant and support people about the signs and stages of labor, breathing and relaxation, and breastfeeding.

To register, visit bit.ly/ChildbirthBK.

Tuesday, February 23 | noon to 2 p.m.

Thursday, February 25 | 5:30 to 7:30 p.m.

Virtual Family Foundations Information Session

This nine-week cycle of virtual classes is for expectant parents in Brooklyn as they prepare for childbirth and then as they adjust to life with 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 Baby Café

This virtual support group is for people who are breastfeeding.

Trained professionals will give participants breastfeeding support, such as help with latching on and breast milk supplies, and answer questions.

To register, visit bit.ly/BabyCafeBk.

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

The Huddle

This virtual social group for fathers focuses on stress management, creating a community and building relationships between participants. This is done through conversation, role-playing activities and sharing resources. Both new and expectant fathers are encouraged to join.

For more information, call 718-637-5244 or email

eperez12@health.nyc.gov.

Fridays | 3 to 4 p.m.

Excellence Baby Academy

This virtual, nine-month program is for pregnant people and families with children younger than 18 months. Parents will learn how to make toys and books to support their child's learning and development, as well as parenting strategies and skills. Monthly video chats will address families' needs, build on weekly groups, and suggest strategies and activities to support children's school-readiness skills and cognitive (learning, thinking and problem-solving), language, social, emotional and physical development.

To enroll, call or text 347-350-3636 or email

rsmith@excellencefamilies.org.



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.