

MONTEFIORE NYACK HOSPITAL SUPPORT GROUPS AND CLASSES JUNE 2019


1 FOOD ADDICTS IN RECOVERY ANONYMOUS, INC.


Saturday, 10:00 AM – 11:00 AM

This is a twelve step program for people suffering from problems with food. FA has helped people recover from obesity, bulimia, and various obsessions with food for decades.

 Montefiore Nyack Hospital, Cafeteria Conference Room

 Free of charge

 Registration not necessary


 Call 845-371-2751 for more information.

 Saturdays: 6/8, 6/15, 6/22, 6/29


1 MAMAS MARAVILLOSAS

Saturday, 10:00 AM – 11:30 AM


Mamas Maravillosas helps Latina mothers reduce their risk of type 2 diabetes by supporting them in losing weight. Spanish-speaking women who are overweight and are at-risk for diabetes are welcome to join this program.

 Town of Ramapo Cultural Arts Center, Community Room, 6 Dr. Berg Lane, Spring Valley, NY

 Free of charge

 Registration required


 To register, call 845-348-3057 (Spanish) or 845-348-2004.


 Saturdays: 6/8, 6/15, 6/22, 6/29

1 NEW MOMS CIRCLE SUPPORT GROUP


Saturday, 11:00 AM – 1:00 PM

Bring your child, ages 0 – 24 months and join a supportive and respectful group discussion led by a registered nurse and lactation consultant on various newborn and infant topics.

 The Prenatal Center at Montefiore Nyack Hospital, 258 High Street, Nyack, NY 10960

 Free of charge

 Pre-registration requested


 For additional information or to register, call 845-348-7505

 7/13

2 MATERNITY CENTER TOUR, SUNDAYS


Sunday, 12:00 PM

Tour the Montefiore Nyack Hospital Maternity Center.

 Montefiore Nyack Hospital, Mother/Baby Classroom, 2nd Floor, Mother/Baby Unit

 Free of charge

 Registration required


 Please call 845-348-2660 the day of to confirm tour.

 Sundays: 6/9, 6/19, 6/23, 6/30

4 LIFE WITH CANCER SUPPORT GROUP

Tuesday, 11:00 AM – 12:30 PM

This weekly, cancer-focused support group, facilitated by a Licensed Social Worker, offers a space to process and share your experience with cancer while gaining support and insight from others who can relate.

 Montefiore Nyack Hospital, McCormack Conference Room, Cancer Center, 1st Floor

 Free of charge. Open to the community.

 Pre-registration required

 To register, call 845-348-8891.

 Tuesdays: 6/11, 6/18, 6/25

4 TRADITIONAL LAMAZE COURSE

Tuesday, 6:30 PM – 9:00 PM

This five week course prepares expectant parents for the labor and delivery process. Topics include relaxation, breathing, and coaching techniques. Participants will also tour the Maternity Center.

 Montefiore Nyack Hospital, Mother/Baby Unit, 2nd Floor

 \$175 per couple

 Registration required

 For additional information, call 845-348-2639.


 Tuesdays: 6/11, 6/18, 6/25, 7/2


MONTEFIORE NYACK HOSPITAL SUPPORT GROUPS AND CLASSES JUNE 2019

5 PARKINSON'S DISEASE SUPPORT GROUP


Wednesday, 10:00 AM – 11:00 AM

This free support group includes a chair exercise component for those who can participate.

 Palisades Center, 1000 Palisades Center Drive, West Nyack, NY 10994, Raso Community Room, Level 4

 Free of charge

 Registration is requested.

 For additional information, call 845-348-2004.


 Wednesdays: 6/12, 6/19, 6/26

5 MATERNITY CENTER TOUR, WEDNESDAYS

Wednesday, 8:00 PM

Tour the Montefiore Nyack Hospital Maternity Center.

 Montefiore Nyack Hospital, Mother/Baby Unit, 2nd Floor

 Free of charge

 Registration required


 Please call 845-348-2660 the day of to confirm tour.


 Wednesdays: 6/12, 6/19, 6/26

6 INFANT CPR


Monday, 7:30 PM – 9:30 PM

A two-hour course to help family members perform Cardiopulmonary Resuscitation (CPR) on children, ages newborn to 12 months.

 Montefiore Nyack Hospital, Mother/Baby Classroom, 2nd Floor, Mother/Baby Unit

 \$50 per couple

 Registration required [download form here](#).


 For additional information, call 845-348-2639.

 7/10

6 NEW MOMS CIRCLE SUPPORT GROUP

Thursday, 6:30 PM – 8:00 PM

Bring your child, ages 0 – 24 months and join a supportive and respectful group discussion led by a registered nurse and lactation consultant on various newborn and infant topics.

 The Prenatal Center at Montefiore Nyack Hospital, 258 High Street, Nyack, NY 10960

 Free of charge

 Pre-registration requested


 For additional information or to register, call 845-348-7505


 7/18


7 SAMUEL WAYMON BENEFIT CONCERT

Friday, 7:30 PM

Jazz Blues legend Samuel Waymon will perform a special concert with his band and special guest artist Phyllis Kee. Proceeds will benefit the Cancer and Breast Centers at Montefiore Nyack Hospital.

 The Nyack Library, 59 South Broadway, Nyack 10960

 Tickets are \$30 for General Admission \$50 for reserved seating.

 Purchase tickets [online](#).

 For more information, call 845-348-2771.

8 LANDON COLLINS CELEBRITY CHARITY GAME

Saturday, 5:00 PM – 9:00 PM

Join us to watch NFL football player Landon Collins, with more than 75 past and present NY Giants participate in dodgeball, a homerun derby, and softball/kickball games in a charity event to benefit Montefiore Nyack Hospital and St. Christopher's, Inc.

 Rockland Boulders Stadium, Palisades Credit Union Park, Pomona, NY

 Tickets start at \$30

 Purchase tickets [online](#).


 For more information, call 845-348-2771.


MONTEFIORE NYACK HOSPITAL SUPPORT GROUPS AND CLASSES JUNE 2019

12 BREASTFEEDING BASICS

Wednesday, 7:00 PM – 9:00 PM

Prepare for the first days and weeks of breastfeeding your baby. Learn the benefits and basics of breastfeeding, including positioning, nutrition, storage, pumping, milk storage, using and maintaining breastfeeding equipment and strategies for returning to work.

 Montefiore Nyack Hospital, Mother/Baby Classroom, 2nd Floor, Mother/Baby Unit

 \$50 per couple


 Registration required **download form here.**


 For additional information, call 845-348-2639.

13 DIABETES SUPPORT GROUP (DAYTIME)


Thursday, 10:00 AM – 11:00 PM

This group provides support and education to individuals affected by diabetes.

 Montefiore Nyack Hospital, Cafeteria Conference Room Ground Floor

 Free of charge

 Registration required, **register online.**


 For additional information and to register, call 845-348-2004.

 Upcoming dates to be announced


20 DIABETES SUPPORT GROUP (EVENING)


Thursday, 6:00 PM – 7:00 PM


This group provides support and education to individuals affected by diabetes.

 Montefiore Nyack Hospital, Cafeteria Conference Room Ground Floor

 Free of charge

 Registration required, **register online.**

 For additional information and to register, call 845-348-2004.


 Upcoming dates to be announced


22 WEEKEND ACCELERATED LAMAZE CLASS

Saturday, 10:00 AM – 4:00 PM

Sunday, 9:00 AM – 3:00 PM

This class is ideal for the couple with limited time to attend childbirth classes. Class will cover relaxation and breathing methods, coaching techniques, and a tour of Montefiore Nyack Hospital's Maternity Center.

 Montefiore Nyack Hospital, Mother/Baby Classroom, 2nd Floor, Mother/Baby Unit

 \$175 per couple

 Registration required **download form here.**


 For additional information, call 845-348-2004.

 Day two of class is Sunday, 6/23

26 INFANT CARE AND NUTRITION CLASS


Wednesday, 6:30 PM – 9:00 PM

This class is designed for first-time parents. Topics include the basics of holding, diapering, bathing, swaddling, sleeping patterns, infant feeding basics, choosing a pediatrician, infant safety, and pet issues.

 Montefiore Nyack Hospital, Mother/Baby Classroom, 2nd Floor, Mother/Baby Unit

 \$65 per couple

 Registration required **download form here.**

 For additional information, call 845-348-2639.

 7/24