


ALL CLASSES AND SUPPORT GROUPS HAVE BEEN SUSPENDED UNTIL FURTHER NOTICE. PLEASE CHECK BACK FOR UPDATES.


MONTEFIORE NYACK HOSPITAL SUPPORT GROUPS AND CLASSES MARCH 2020

1 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: 3/8, 3/15, 3/22, 3/29

3 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: 3/10, 3/17, 3/24, 3/31

3 INFANT CPR

Tuesday, 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.

 Friday: 4/3

4 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: 3/11, 3/18, 3/25

4 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.

 3/27, 4/1

4 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: 3/11, 3/18, 3/25


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5 SPANISH-SPEAKING CANCER SUPPORT GROUP FOR WOMEN


Thursday, 5:00 PM – 6:30 PM


This monthly, cancer-focused support group, facilitated by a Spanish-speaking Licensed Social Worker, offers a space to process and share your experience with cancer while gaining support and insight from others who can relate in their own native language.

 Montefiore Nyack Hospital, Administrative Conference Room, 1st floor

 Free of charge. Open to the community.

 Pre-registration required

 To register, call 845-348-2984 or email reyeska@montefiorenyack.org.


 4/2, 5/7, 6/4, 7/2, 8/6, 9/3, 10/1, 11/5, 12/3


5 WEIGHT LOSS SUPPORT GROUP

Thursday, 6:00 PM – 7:00 PM


This weight loss support group meets once a week for six weeks to weigh in and provide continued support and education in the journey towards weight loss or maintenance.

 Montefiore Nyack Hospital, Cafeteria Conference Room

 Free of charge

 Registration required

 For additional information, call 845-348-2004.


 4/2, 5/7, 6/4, 7/2, 8/6, 9/3, 10/1, 11/5, 12/3

6 COLON CANCER AWARENESS AND PREVENTION PROGRAM

Friday, 10:00 AM – 12:00 PM

Adults, age 50 and older, will learn how to recognize the signs and symptoms of colon cancer and how to treat and prevent it. Panelists will include: Gastroenterologists William Silver, MD, Eric Tatar, MD, MS, and Pharmacist Gloria Porcelli, B. Pharm., BCOP.

 Haverstraw Community Center, 50 West Broad Street, Haverstraw, NY 10927

 Free of charge

 Registration is requested.


 For additional information, call 845-348-2004.

7 FOOD ADDICTS IN RECOVERY ANONYMOUS, INC.

Saturday, 8:30 AM – 10:00 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: 3/14, 3/21, 3/28

7 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 the 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, 3/8

7 NEW MOMS CIRCLE SUPPORT GROUP


Saturday, 11:00 AM – 1:00 PM

New mothers with their children 0 – 24 months are welcome to attend. The group features a guest speaker who discusses topics of interest relevant to new mothers.

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

 Free of charge

 Pre-registration required

 For information, call Patricia Soriano Guzman at 845-348-2550 x7505 or email RSVP@guzmanps@montefiorenyack.org

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8 TEDDY BEAR HOSPITAL AT YOUTHFEST


Sunday, 11:00 AM – 4:00 PM

Montefiore Nyack Hospital's Teddy Bear Hospital familiarizes children with what happens in an actual Emergency Department. Children, ages 2–10, will be given a donated teddy bear while supplies last. Each child will have the opportunity to ask questions while their new stuffed animal is examined by the Hospital's medical personnel.

 SUNY Rockland Community College's Field House

 Free of charge


 No registration required


 For more information, call 845-364-2929.

10 TRADITIONAL LAMAZE COURSE

Tuesday, 6:30 PM – 9:00 PM


This 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 Classroom, 2nd Floor, Mother/Baby Unit

 \$175 per couple

 Registration required **download form here.**


 For additional information, call 845-348-2639.


 3/17, 3/24, 3/31, 4/7, 4/14

12 DIABETES SUPPORT GROUP (DAYTIME)


Thursday, 10:00 AM – 11:00 AM

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

 Montefiore Nyack Hospital, Cafeteria Conference Room Ground Floor

 Free of charge

 Registration required


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


 4/9


19 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

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


 4/16

19 BREASTFEEDING BASICS


Thursday, 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.

 Saturday: 4/11

21 WEEKEND ACCELERATED LAMAZE CLASS

Saturday, 9:00 AM – 3:00 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 the 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, 3/22