



# MONTEFIORE NYACK HOSPITAL SUPPORT GROUPS AND CLASSES MARCH 2019


## 2 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: 3/9, 3/16, 3/23, 3/30


## 2 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: 3/9, 3/16, 3/23, 3/30

## 3 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: 3/10, 3/17, 3/24

## 6 LIFE WITH CANCER SUPPORT GROUP


**Wednesday, 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.

 Wednesdays: 3/13, 3/20, 3/27


## 6 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: 3/13, 3/20, 3/27

## 6 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: 3/13, 3/20, 3/27

# MONTEFIORE NYACK HOSPITAL SUPPORT GROUPS AND CLASSES MARCH 2019

## 10 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.

## 13 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.


 4/17 | Wednesday, 7:00 PM – 9:00 PM


## 14 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.


 4/11

## 16 NEW MOMS CIRCLE SUPPORT GROUP

**Saturday, 11:00 AM – 12:15 PM**


Bring your child, ages 0 – 18 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 required


 To register, call 845-348-7505 or email [ThePrenatalCenter@montefiorenyack.org](mailto:ThePrenatalCenter@montefiorenyack.org).

 4/13, 5/11, 6/1, 7/13


## 21 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.


 4/18

## 19 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 **download form here.**

 For additional information, call 845-348-2639.

 Tuesdays: 3/26, 4/2, 4/9, 4/16, 4/23


# MONTEFIORE NYACK HOSPITAL SUPPORT GROUPS AND CLASSES MARCH 2019


## 23 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, 3/24  
Next class is Saturday, 4/27 and Sunday, 4/28


## 27 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.


 4/24, 5/22

## 28 INFANT CPR


**Thursday, 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.

 4/15 | Monday, 7:30 PM – 9:30 PM