

# MONTEFIORE NYACK HOSPITAL SUPPORT GROUPS AND CLASSES AUGUST 2022

## 3 LIVE, LOVE, LATCH! \*BYOBASKET\* PICNIC

**Wednesday, 10:00 AM – Noon**

Join us for the annual “BYOBasket Picnic” in celebration of World Breastfeeding Week. Families will gather to share experiences and learn fun facts about infant feeding. This event will be held in partnership with the Rockland County Breastfeeding Coalition. Extra masks and hand sanitizer will be provided as needed.

6 Gilcrest Road, Congers, New York, 10920

Free of charge

Registration required. **To register, please click here.**

## 4 FROM FARMING TO HELPING FAMILIES

**Thursday, Noon – 1:00 PM**

The Rockland Farm Alliance and DOH are joining us to talk about what parents can do to help their kids fall in love with healthier foods from its roots.

Zoom Webinar

Free of charge

Registration required. **To register, please click here.**

## 11 PEDESTRIAN SAFETY

**Thursday, Noon – 1:00 PM**

Twenty-five percent of all fatal crashes involve pedestrians, cyclists, and other users of non-motorized transportation. Find out how to keep yourself and your family safe either if you are walking or driving.

Zoom Webinar

Free of charge

Registration required. **To register, please click here.**

## 13 BREASTFEEDING BASICS

**Saturday, 10:00 AM – Noon**

Virtual, interactive two-hour class to prepare for breastfeeding your baby. Learn about feeding strategies, pumping & storing and other common concerns. This class is taught by an International board-certified lactation consultant and includes a full-color companion book.

Zoom Webinar

\$50 fee to participate. Class price bundles available.

Registration is required by 8/10. We reserve the option to reschedule if there are less than 2 – 3 enrollments per class. **Register / enroll online here.**

For more information, please contact [TheMaternityCenter@montefiorenyack.org](mailto:TheMaternityCenter@montefiorenyack.org) or the Childbirth Education line at 845-348-2639.

## 17 INFANT CARE AND NUTRITION

**Wednesday, 7:00 PM – 9:00 PM**

Virtual, interactive two-hour class to learn the basics of caring for babies up to 12 months old. Learn about holding, diapering, bathing, sleeping, feeding, safety and other common concerns. This class is taught by a Certified Childbirth Educator.

Zoom Webinar

\$50 fee to participate. Class price bundles available.

Registration is required by 8/14. We reserve the option to reschedule if there are less than 2 – 3 enrollments per class. **Register / enroll online here.**

For more information, please contact [TheMaternityCenter@montefiorenyack.org](mailto:TheMaternityCenter@montefiorenyack.org) or the Childbirth Education line at 845-348-2639.

## 18 THE LATEST ON SKIN CARE

**Thursday, Noon – 1:00 PM**

With summer in full bloom, it is important to protect our skin. Should we only worry about those nasty UV rays or is there more to be concerned about?

Zoom Webinar

Free of charge

Registration required. **To register, please click here.**

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## 23 INFANT CPR


**Tuesday, 4:00 PM – 6:00 PM**

Virtual, interactive two-hour class teaches how to perform CPR on babies up to 12 months old. This class is taught by a Certified American Heart Association Instructor.

 Zoom Webinar

 \$50 fee to participate. Class price bundles available.


 Registration required by 8/20. We reserve the option to reschedule if there are less than 2 to 3 enrollments per class. **Register / enroll online here.**

 For more information, please contact **TheMaternityCenter@montefiorenyack.org** or the Childbirth Education line at 845-348-2639.


## 25 BREASTFEEDING MYTHS AND TRUTHS


**Thursday, Noon – 1:00 PM**

To commemorate National Breastfeeding Month, we have a panel of experts telling us the pros/cons, do's/don'ts and myths/truths about breastfeeding.

 Zoom Webinar

 Free of charge

 Registration is required by 8/22. We reserve the option to reschedule if there are less than 2 – 3 enrollments per class. **Register / enroll online here.**


 For more information, please contact **TheMaternityCenter@montefiorenyack.org** or the Childbirth Education line at 845-348-2639.

## 27/28 ACCELERATED WEEKEND LAMAZE CLASS


**Saturday, 11:00 AM – 2:00 PM**


**Sunday, 11:00 AM – 2:00 PM**

Virtual, interactive two-day course to learn about the birthing process, comfort measures, partner coaching techniques and hospital experience. This class is taught by a Certified Childbirth Educator and includes a full-color companion book (LCCE).

 Zoom Webinar

 \$100 fee to participate. Class price bundles available.

 Registration deadline is 8/24. We reserve the option to reschedule if there are less than 2 – 3 enrollments per class. **Register / enroll online here.**

 For more information, please contact **TheMaternityCenter@montefiorenyack.org** or the Childbirth Education line at 845-348-2639