



SEPTEMBER HIGHLIGHTS

CFA, Inc./Fit4Mom



FREE Pregnancy Basics

Thurs., Sept. 12, 7 - 8:30pm (Hybrid)



Labor Management – Home To Hospital

Sun., Sept. 15, 10:30am - 1pm (Hybrid)



Labor Progress– Keep It Moving

Sun., Sept. 22, 10:30am - 1pm (Hybrid)



Baby Care Basics (Hybrid)

Mon. Sept. 16, 7pm - 9:30pm



Your Core and Pelvic Floor

Sat. Sept. 14, 10am - 12NOON (In person only)



Breastfeeding A-Z (Zoom only)

Thurs. Sept. 26 7pm - 9:30pm



Fit4Mom Stroller Strides and Strides 360 fitness classes are available 7 days a week

(go to: familycfa.com or suffolkcountywest.fit4mom.com)



New Mom's Group (Hybrid)

Thursdays, 1:30 - 3pm, 9/26, 10/3, 10/10, 10/17, 10/24 (6th meeting determined by group)



Mom's Night Out - Thurs., Sept. 19, 6:30 pm - 8:30pm (In person only)

Location: CFA, 60 E. Main Street, Kings Park. "Make Your Own Friendship Bracelet"

For details go to: familycfa.com/events



Book Club for Moms - Wed., Sept. 25, 7pm (Hybrid)

Location: CFA, 60 E. Main St., Kings Park

For details & next book to read go to: familycfa.com/events

(Book Club meets last Wed. of every month)



Fall Schedule of Fun Parent-Child programs (moms, dads, grands, caregivers)

See our website's homepage for all the details. (In person only)

COMING IN OCTOBER

FREE Pregnancy Basics

Tues. Oct. 15, 7pm - 8:30pm (Hybrid)

Infant, Child, Adult CPR & Safety

Sat. Oct. 19, 11am - 1pm

Labor Management (Zoom only)

Wed. Oct. 9, 7pm - 9:30pm

Labor Progress (Zoom only)

Wed. Oct. 16, 7pm - 9:30pm

Power of Pushing & Meeting Your Baby

Sun. Oct. 13, 10:30am - 1pm (Hybrid)

Power of Pushing & Meeting Your Baby

Wed. Oct. 23, 7pm - 9:30pm (Zoom only)



**For detailed information or to register for any of our programs, scan QR code
or visit familycfa.com or call/text us at 631 360-2880**

**Call or text us at 631 360-2880 ♦ familycfa@aol.com
CFA, Inc./Fit4Mom 60 E. Main St., Kings Park**



Childbearing Family Alliance, Inc.

Established 1981

Mary R. Kahrs, Executive Director

60 East Main Street

Kings Park, N.Y. 11754

631-360-2880

CFA-Fit4Mom

Celebrating 40+ Years!

From pregnancy into parenthood,
we're with you every step of the way!



Messy Playdates (1 hour class) For all ages— babies, crawlers, walkers & talkers & their grownup. See our website for dates, times and all the fun class themes!

We are a **PROUD Volunteer Steward** of a **Little Free Library**, located right in front of our office. Come visit!

For New Parents

- New Mother's Group
- Fun For Wee Ones
- Infant, Child & Adult CPR
- Stroller Strides

For Moms of all ages and stages of motherhood

- Fit4mom fitness classes
- Stroller Strides
 - Strides 360
 - Run Club+

For Everyone

Infant, Child & Adult CPR

Science Club

(1 hour class) For talkers & walkers & their grown up. See our website for dates, times and class themes.

For Parents and Children - Moms, Dads, Grands, Caregivers

- Fun For Wee Ones
- Stay & Play
- Messy Playdates
- Science Club
- Tot Music
- Soccer Shots
- Sensory With Savannah

For Parents-to-be

- Free Pregnancy Basics
- Labor Management
- Labor Progress
- Power of Pushing
- Your Core & Pelvic Floor
- Breastfeeding Class
- Baby Care Basics Class
- Infant, Child & Adult CPR

For MOMS of all ages and stages of motherhood (Monthly Events)

- MNO (Mom's Night Out)
- Mom's Daytime meetups
- Mom's Book Club