



# OCTOBER HIGHLIGHTS

## CFA, Inc.



### FREE Pregnancy Basics

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



### Labor Management – Home To Hospital

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



### Labor Progress– Keep It Moving

Wed. Oct. 16, 7pm - 9:30pm (Zoom only)



### Power of Pushing & Meeting Your Baby

Sun. Oct. 13, 10:30am - 1pm (Zoom only) **OR**

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



### Infant, Child, Adult CPR & Safety

Sat. Oct. 19, 11am - 1pm (In person only)



### Baby Care Basics (Hybrid)

Mon. Oct. 28, 7pm - 9:30pm



### 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 - Tues., Oct. 22, 6:30 pm – Twisted Cow Distillery in East Northport.

Complete event details on our website. Go to: [familycfa.com/EVENTS](http://familycfa.com/EVENTS)



### Book Club for Moms - Wed., Oct. 30, 7pm (Hybrid)

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

For details & next book to read go to: [familycfa.com/events](http://familycfa.com/events)

(Book Club meets last Wed. of every month)



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

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

## COMING IN NOVEMBER

### FREE Pregnancy Basics

Thurs. Nov. 14, 7pm - 8:30pm (Hybrid)

### Your Core and Pelvic Floor

Sat. Nov. 2, 10am - 12noon (In person only)

### Labor Management (Hybrid)

Sun. Nov. 10, 10:30am - 1pm

### Labor Progress (Hybrid)

Sun. Nov. 17, 10:30am - 1pm

### Breastfeeding A-Z (Hybrid)

Thurs. Nov. 7, 7pm - 9:30pm



## Special New Series This OCTOBER - "MOM'S MASTER CLASS & MINGLE - Chat With A Pro"



### Language Launch! Let's Start Them Talking! (Hybrid)

Thursday, October 17, 6:30pm - fact vs fiction. For parents with babies up to 18 months.



### Sleepy Time Strategies! Yes! Sleep is Possible! (Hybrid)

Thurs. October 24, 7pm - designed for parents with babies 6 months or younger.



### Moving With Mommy - for moms & babies 6-18 months. Low cardio dance flow while baby wearing. (In person only)

Friday, October 25, 11:30am



### Movement Through Motherhood - a guided infusion flow for moms to be, prepping her mind & body for labor.

Sunday, October 27, 10am (In person only)

\$10. per class.  
See EVENTS page of our website for full class descriptions and details.

For detailed information or to register for any of our programs, scan QR code or visit [familycfa.com](http://familycfa.com)  
email [familycfa@aol.com](mailto:familycfa@aol.com) or call/text us at 631 360-2880