










# MARCH HIGHLIGHTS

## CFA, Inc.



-  **FREE Pregnancy Basics** (Hybrid)  
Mon. **March 17**, 7pm - 8:30pm
-  **Labor Management - Home to Hospital** (Hybrid)  
Sun. **March 23**, 10am - 12:30pm
-  **Labor Progress - Keep it Moving**  
Wed. **March 5**, 7pm - 9:30pm (Zoom only) **OR**  
Sun. **March 30**, 10am - 12:30am (Hybrid)
-  **Power of Pushing & Meeting Your Baby** (Zoom only)  
Wed. **March 12**, 7pm - 9:30pm
-  **Breastfeeding A-Z** (Hybrid)  
Thurs. **March 20**, 7pm - 9:30pm
-  **Infant, Child, Adult CPR & Safety**  
Sat. **March 8**, 10am - 12pm (In person only)
-  **New Mom's Group** (Hybrid)  
Thursdays, **3/20, 3/27, 4/3, 4/10, 4/24**, 1:30 - 3pm, (6th meeting determined by group)
-  **Book Club for Moms - Monthly Meet** (Hybrid)  
Fri., **March 7**, 7pm  
For details & next book to read go to our website's EVENTS page.
-  **Grown-up & Me weekly programs and drop-ins (moms, dads, grands, caregivers)**  
For all the details and to register, go to our website. (In person only)
-  **Mom's Night Out - "Mom's Trivia Night Out"** - a 2000's themed Trivia Night. \$30.  
Includes dinner & dessert (BYOB) Prizes for 1st place & Runner-Up.  
Friday, **March 14**, 7pm  
For more details and to register, go to our website. (In person only)

### COMING IN APRIL 2025

- Labor Management - Home to Hosp.**  
Wed. **Apr. 23**, 7pm - 9:30pm (Zoom only) **and**  
Sun. **Apr. 27**, 10am - 12:30pm (Hybrid)
- Labor Progress - Keep it Moving**  
Wed. **Apr. 30**, 7 - 9:30pm (Zoom only)
- Power of Pushing & Meeting Your Baby**  
Sun. **Apr. 6**, 10am - 12:30pm (Hybrid)
- Pregnancy Basics**  
Thurs. **Apr. 10**, 7pm - 8:30pm (Hybrid)
- Baby Care Basics** (Hybrid)  
Mon. **Apr. 7**, 7pm - 9:30pm
- Pelvic Floor & Core** (Hybrid)  
**April date TBA**



### The "MOM'S MASTER CLASS & MINGLE - Chat With A Pro" - A Special Series For Moms

-  ⇒ **LYMPH! For Motherhood**  
Tues. **March 11**, 7pm  
All about lymph drainage and how to support your lymphatic system. This program is for any and all moms!  
Learn how to boost immunity, alleviate swelling and other discomforts. Babies in arms welcome. \$20.  
To register, see our website's Home or EVENTS page.
-  ⇒ **Early Intervention - Charting The Course**  
Tues. **March 18**, 7pm  
Learn how to navigate the system to get the right support & early intervention. For families with children 12 - 24 mos.  
Live on Zoom with Jamie Giannino, MA, CCC-SLP Speech Language Pathologist. \$10.  
To register, see our website's EVENTS page.
- \*Note: Energizing Mommas will be back Tuesday, APRIL 8th 7pm**  
See our website's EVENTS page for class description & details.
- \*Note: Sleepy time Strategies will be back in APRIL (date TBA)**  
See our website's EVENTS page for class description, details & update.

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



Childbearing Family Alliance, Inc.

**Established 1981**

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**631-360-2880**

## **CFA News**      **Celebrating 40+ Years!**

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



### **My Grown Up & Me** (1 hour class)

**For Moms, Dads, Grands, Caregivers  
AND their little ones of all ages . . .**

**. . . Babies, crawlers, walkers & talkers:**

- Fun For Wee Ones
- Stay & Play
- Drop-ins
- Tot Music
- Sensory With Savannah

See our website for dates, times and all the fun class themes!

### **For Everyone**

Infant, Child & Adult CPR

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

- Mom's Night/Day Out
- Mom's Book Club
- Mom's Master Class & Mingle – Chat with a Pro series

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

### **For New Parents**

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

### **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