



# NOVEMBER HIGHLIGHTS



## FREE Pregnancy Basics

Tuesday, Nov. 7, 7pm - 8:30pm (in person or Zoom)



## Labor Management – Home To Hospital

Sunday, Nov. 5, 10:30am - 1 pm (in person or Zoom)



## Labor Progress– Keep It Moving

Sunday, Nov. 12, 10:30am - 1pm (in person or Zoom)



## Power of Pushing & Meeting Your Baby

Sunday, Nov. 19, 10:30am - 1pm (in person or Zoom)



## Breastfeeding A-Z

Thursday, Nov. 9, 7pm - 10pm (in person or Zoom)



## Infant, Child, Adult CPR & Safety

Sat. Nov. 4, 10am - 12noon (in person)



## New Mother’s Group

Next series - Nov. 30, Dec. 7, 14, 21, 28

Thursdays, 1:30pm - 3pm (in person or Zoom)



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



## Free Playgroup

Sat. Nov. 18, 10:30am at CFA in Kings Park, "Thankful" theme



## Mom’s Day Out - Taylor Swift: The Eras Tour

Sunday, Nov. 5, 12pm at AMC Lowes Stony Brook 17

Limited seats Available. RSVP by Wed. 10/18. Ticket \$28. VENMO @ALI-GREENBERG-2



**Fall schedule of parent-child programs & special “Drop Off” programs for preschoolers, 3-5 years old. See our website’s homepage for details.**

## COMING UP In DECEMBER ...

### Labor Management

Wed. Dec. 6, 7pm - 9:30pm  
(Zoom only)

### Labor Progress

Wed. Dec. 13, 7pm - 9:30pm  
(Zoom only)

### Power of Pushing

Wed. Dec. 20, 7pm - 9:30pm  
(Zoom only)

### Baby Care Basics

Mon. Dec. 18, 7pm - 9:30pm  
(in person)

### Your Core & Pelvic Floor

Coming Soon - Date TBA



For detailed info or to register for programs, scan QR code or visit [familycfa.com](http://familycfa.com) or call/text us. :)

**Call or text us at 631 360-2880 [familycfa@aol.com](mailto:familycfa@aol.com)  
CFA, Inc./Fit4Mom 60 E. Main St., Kings Park**



Childbearing Family Alliance, Inc.

**Established 1981**

*Mary R. Kahrs, Executive Director*

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**Kings Park, N.Y. 11754**

**631-360-2880**

# CFA-Fit4Mom

Fit4mom fitness classes

Free fitness classes for moms of all ages and stages of motherhood. Located right in front of our office. Come visit!



### 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 Everyone

Infant, Child & Adult CPR

### For Moms of all ages and stages of motherhood

Fit4mom fitness classes

- Stroller Strides
- Strides 360
- Run Club+

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

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

- Fun For Wee Ones
- Stay & Play
- Separation with Ease
- Free All Age Playgroups
- Tot Music

### 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

Monthly Events

- MNO (Mom's Night Out)
- Mom's Daytime meetups
- Free All Age Playgroups

See our Events Page for details

### For Preschoolers ages 3-5 Drop Off Classes:

- PJ Party
- Snack Pack Café
- Dino Day
- Science Time
- Art Smarts
- Out Of This World