



JUNE HIGHLIGHTS

CFA, Inc./Fit4Mom



FREE Pregnancy Basics

Tuesday, **June 11**, 7pm - 8:30pm (Hybrid)



Labor Management – Home To Hospital

Sun. **June 9**, 10:30am - 1pm (Hybrid)



Labor Progress– Keep It Moving

Sun., **June 23**, 10:30am - 1pm (Hybrid)



Power of Pushing & Your Newborn

Sun., **June 30**, 10:30am - 1pm (Hybrid)



Infant, Child, Adult CPR & Safety

Sat. **June 8**, 11am - 1pm (in person only)



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

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



Baby Care Basics (Hybrid)

Mon. **June 3**, 7pm - 9:30pm (Zoom only)



Your Pelvic Floor & Core (in person only)

Saturdays, 11am - 1pm, **June date TBA** (check our website or call 631 360-2880)



New Mom's Group (Hybrid)

Thursdays, 1:30 - 3pm, **6/13, 20, 27, 7/11, 18** (6th meeting determined by group)



Free Playgroup - Sat. June 29th, 10:30 am - Theme: "Berries"

Location: CFA, 60 E. Main St., Kings Park (in person only)



Mom's Night Out - Thurs., June 20, 6:30pm at the South Bay Brewery at 25 Drexel Dr. in Bay Shore. RSVP by Tues. June 18th. It's Latin Night! Live music & drink specials. Full Kitchen available.



Book Club for Moms - Wed., June 26th, 7pm (Hybrid)

Location: CFA, 60 E. Main St., Kings Park (Book Club meets last Wed. of every month).



Spring & Summer Schedule of Parent-Child (moms, dads, grands, caregivers) programs & special enrichment programs for preschoolers, 3-5 years old.

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



Kings Park Day Town Fair - Sat., June 15, 10am - 4pm

Come visit our table! Meet our staff, free raffle prize give-away, fun family day!

COMING UP In JULY 2024 ...

Labor Management – Home To Hospital
Wed., **July 10**, 7pm - 9:30pm (Zoom only)

Labor Progress– Keep It Moving
Wed. **July 17**, 7pm - 9:30pm (Zoom only)

Power of Pushing & Meeting Your Baby
Wed. **July 24**, 7pm - 9:30pm (Zoom only)

Breastfeeding A-Z
Thurs. **July 18**, 7pm - 10pm (Hybrid)

Pregnancy Basics
Thurs. **July 11**, 7pm - 8:30pm (Hybrid)



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, In c./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!



**For Preschoolers ages 3-5
Spring/Summer "Pop-Up"
Classes:**

- Summer Separation with Ease
- Celebrate Dad
- Strawberries
- Summertime
- Day at the Beach
- 4th Of July Celebration
- How Your Garden Grows

**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 Everyone

Infant, Child & Adult CPR

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

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

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

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

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

- Fun For Wee Ones
- Stay & Play
- Summer Separation with Ease
- Free All Age Playgroups
- Tot Music
- "My Grown-Up & Me" Pop-Up classes.
- Soccer Shots
- Sensory 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