



# OCTOBER HIGHLIGHTS

## CFA, Inc./Fit4Mom



### FREE Pregnancy Basics

Thursday, **Oct. 26**, 7pm - 8:30pm (in person or Zoom)



### Labor Management – Home To Hospital

Wed. **Oct. 11**, 7pm - 9:30pm (Zoom only) **or**

Sunday, **Oct. 15**, 10:30am - 1 pm (in person or Zoom)



### Labor Progress– Keep It Moving

Wed. **Oct. 18**, 7pm - 9:30pm (Zoom only) **or**

Sunday, **Oct. 22**, 10:30am - 1pm (in person or Zoom)



### Power of Pushing & Meeting Your Baby

Wed. **Oct. 25**, 7pm - 9:30pm (Zoom only) **or**

Sunday, **Oct. 29**, 10:30am - 1pm (in person or Zoom)



### Your Core & Pelvic Floor

Saturday, **Oct. 28**, 10am - 12 noon (in person)



### Baby Care Basics

Mon. **Oct. 30**, 7pm - 9:30pm (in person)



### Infant, Child, Adult CPR & Safety

Sat. **Oct. 14**, 10am - 12noon (in person)



### New Mother's Group

Next series - **Sept. 28, Oct. 5, 12, 19, 26**

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 - Halloween Theme

Sat. **Oct. 21**, 10:30am at CFA in Kings Park



**Mom's Night Out** - Wed. **Oct. 18**, 6pm - 8:30pm at **DUBCO Brewery** in Bay Shore. Great company, food & fall beers! (For details, check our website's [EVENTS page](#))



**Family Day Out** - Sat. **Oct. 28**, 11am - **Pumpkin Decorating at Sprouts Garden Center** in Kings Park. (For details, check our website's [EVENTS page](#))



**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  
NOVEMBER ...**

**Breastfeeding A-Z**

**Thurs. Nov. 9,**

**7pm - 10pm**

(in person or Zoom)





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 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
- Infant, Child & Adult CPR

### 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