
















APRIL HIGHLIGHTS

CFA, Inc./Fit4Mom

-  **FREE Pregnancy Basics**
Tuesday, **April 9**, 7pm - 8:30pm (Hybrid)
-  **Labor Management – Home To Hospital**
Sun. **Apr. 7**, 10:30am - 1pm (Hybrid)
-  **Labor Progress– Keep It Moving**
Sun. **Apr. 14**, 10:30am - 1pm (Hybrid)
-  **Power of Pushing & Meeting Your Baby**
Sun. **Apr. 21**, 10:30am - 1pm (Zoom only)
-  **Baby Care Basics**
Mon. **Apr. 15**, 7pm - 9:30pm (Zoom only)
-  **Infant, Child, Adult CPR & Safety**
Sat. **Apr. 20**, 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)
-  **Special Walk/Run Events:** StrongHer LI 4K Sat., **Apr. 27**, 8:30am Kids Race & 9am Adults Walk/Run, Holtsville Ecology Center **AND** LI NEDA Walk, Sun. **Apr. 28**, 9am, Sunken Meadow State Park, Field 3, Kings Park. Go to: familycfa.com/community-run-walk
-  **Pelvic Floor - Through The Years**, Mon. **Apr. 8**, 6:30pm - 8:30pm (in person only)
-  **Free Playgroup - Sat. Apr. 27**, 10:30am, “**Cinco De Mayo Celebration**”
at CFA, 60 E. Main Street, Kings Park
-  **Mom’s Night Out - Tues. Apr. 16**, 7pm - 9pm, Cooking Class at Kerber’s Farm in Huntington. Call for more information and to register.
-  **Book Club for Moms - Wed., Apr. 24**, 7pm (Hybrid)
at CFA, 60 E. Main St., Kings Park (*Book Club meets last Wed. of every month*).
-  **Spring schedule of parent-child programs & special enrichment programs for preschoolers, 3-5 years old.**
See our website’s homepage for details.

COMING UP In MAY 2024 ...

New Mother’s Group - series
Thursdays: 1:30pm, 5/2, 9, 16, 23, 30
(Hybrid)

Breastfeeding A - Z
Thurs. May 16, 7pm - 10pm
(Hybrid)

16th Annual Sounds of Silence 10K Run/ Walk
Saturday, May 18, 8am
Go to: familycfa.com/community-run-walk



**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 Enrichment Classes:

- Bunnies & Chicks
- April Showers
- Birds & Bugs
- Earth Day
- Cinco de Mayo
- Celebrate Moms
- Rainbows
- 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 Moms of all ages and stages of motherhood

- Fit4mom fitness classes
- Stroller Strides
 - Strides 360
 - Run Club+
 - Pelvic Floor –all age

For Everyone

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

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
- Separation with Ease
- Free All Age Playgroups
- Tot Music
- "My Grown-Up & Me" Pop-Up classes.
- Bebes Of The Island classes