



JANUARY HIGHLIGHTS

CFA, Inc.



FREE Pregnancy Basics (In person or via Zoom)

Mon. Jan. 13, 7pm - 8:30pm



Labor Management - Home to Hospital

Sun., Jan. 26, 10am - 12:30pm (In person or via Zoom) OR

Wed. Jan. 15, 7 - 9:30pm (Zoom only)



Labor Progress - Keep it Moving

Wed., Jan. 22, 7 - 9:30pm (Zoom only)



Power of Pushing & Meeting Your Baby

Wed. Jan. 29, 7 - 9:30pm (Zoom only)



Infant, Child, Adult CPR & Safety

Sat. January 11, 10am - 12pm (In person only)



Breastfeeding A-Z (In person or via Zoom)

Thurs. January 16, 7pm - 9:30pm



New Mom's Group (In person or via Zoom)

Thursdays, 1:30 - 3pm, 1/16 - 2/13/2025 (6th meeting determined by group)



Book Club for Moms - Monthly Meet

Fri., January 3, 2025, 7pm (In person or via Zoom)

Location: CFA, 60 E. Main St., Kings Park

For details & next book to read go to: familycfa.com/events



Winter Schedule of Fun Grown-up & Me weekly programs and drop-ins (In person only)
(moms, dads, grands, caregivers)

For more details and to register, go to our website.



"HAPPY NOON YEAR'S DAY" - A SPECIAL PLAYGROUP TO RING IN THE NEW YEAR!

Tuesday, December 31st, 11:30am - 12:30pm

Location: CFA, 60 E. Main St., Kings Park

Balloon Drop - Personalized Craft - Dance Party!

For schedule details and other information/to register, go to the EVENTS page of our website.

COMING IN FEBRUARY 2025

Baby Care Basics (In person or via Zoom)

Mon. Feb. 3, 7pm - 9:30pm

Your Core and Pelvic Floor (In person only)

February 2025 class date TBA

Labor Progress (In person or via Zoom)

Sun. Feb. 2, 10am - 12:30pm

Power of Pushing & Meeting Your Baby

Sun. Feb. 9, 10am - 12:30pm (Zoom only)



The "MOM'S MASTER CLASS & MINGLE - Chat With A Pro" Series will return in 2025 with:



⇒ **Movement With My Mini** - Classes are designed for moms & babies 6-18 months AND moms-to-be.

Dance with your baby — wearing baby in a carrier OR inside your belly. (In person only) \$20. per class

For upcoming class date and time and to register, see our website's Home or EVENTS page.



⇒ **Language Launch! Let's Start Them Talking!** (in person or via Zoom) \$10. per class

Let's bust some myths! Fact vs fiction! For parents with babies up to 18 months.

For upcoming class date and time and to register, see our website's Home or EVENTS page.



⇒ **Sleepy Time Strategies! Yes! Sleep is Possible!** (in person or via Zoom) \$10. per class

This program is designed for parents who have babies 6 months and younger. Babies in arms welcome.

For upcoming class date and time and to register, see our website's Home or EVENTS page.



Childbearing Family Alliance, Inc.

Established 1981

Mary R. Kahrs, Executive Director

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Kings Park, N.Y. 11754

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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
- Movement With My Mini— dance class for moms wearing baby and moms-to-be

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