

# May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Family Resource Center 652 Old Bear Creek Rd 830-629-0659</p>			<p>1 Stroller Strides 9:30am - 10:30am FIT4MOM</p>	<p>2 Infant Massage 10am - 11am</p>	<p>3 Mothers &amp; Babies 9:30-11am</p>	<p>4</p>
<p>5</p>	<p>6 <i>let's play</i></p>	<p>7 Active Parenting 5:30-7pm zoom</p>	<p>8 Breastfeeding &amp; Pumping Support Group 10:30am la leche league international</p>	<p>9 Infant Massage 10am - 11am</p>	<p>10 Celebration of Moms! 9am - 12pm Westside Community Center</p>	<p>11</p>
<p>12 HAPPY Mother's DAY</p>	<p>13</p>	<p>14 Learn &amp; Grow Playtime 10am-11am Car Seat Safety Checks 9am-12pm Active Parenting 5:30-7pm zoom</p>	<p>15</p>	<p>16 Infant Massage 10am - 11am</p>	<p>17</p>	<p>18</p>
<p>19</p>	<p>20</p>	<p>21 Active Parenting 5:30-7pm zoom</p>	<p>22</p>	<p>23 Infant Massage 10- 11am Workforce Solutions 9am - 12pm</p>	<p>24</p>	<p>25</p>
<p>26</p>	<p>27 *** HAPPY *** MEMORIAL Day CLOSED</p>	<p>28 Active Parenting 5:30-7pm zoom Fatherhood Forum 6 pm zoom</p>	<p>29</p>	<p>30</p>		

**Active Parenting Classes** - A six week group parenting class to support the growth and development of children through the family structure by providing parents and other caregivers the information and skills necessary to prepare their children to survive and thrive in society.

**Celebration of Moms!** All mamas and mama figures, are invited to join us for a day of appreciation and pampering on **May 10th from 9 am to 12 pm**. This event takes place at the **Westside Community Center**. First 150 mamas to join will receive a special appreciation bag filled with self-care goodies. Come join the celebration!



**Breastfeeding & Pumping Support** - In partnership with La Leche League, we welcome anyone who is pregnant, nursing, hand expressing, exclusively pumping, combination feeding, providing their own milk or donor milk for a child for support and education. Meetings are held in person at our Family Resource Center and virtually.



**Fatherhood Forum** - Enhance your journey to becoming a better father, partner and friend! Join us to learn more about strengthening relationships! Join via zoom!

**Free Community Car Seat Inspection** - Come get your car seat professionally checked by a nationally certified Child Passenger Safety Technician (CPST) at our Family Resource Center. There is no cost for inspections or assisted installations. Educational resources will be provided to enable the continued safe use for the life of the car seat.

**Infant Massage** - 4-Week Class Series designed to connect you and baby through relaxation techniques, massage strokes, and information about the benefits of massage for baby! **This session will be held at NBPL Westside Branch.**



**Learn & Grow Playtime** - Learn & Grow provides a safe and happy environment for little explorers of all ages to learn, play, craft, and develop social skills. Learn & Grow also provides an opportunity for parents and children to connect, build friendships, and learn about other activities and groups within their community. Join us at our Family Resource Center!

**Mothers & Babies** - Our Mothers & Babies support group is customized for pregnant individuals & new mamas to offer support through their postpartum journey. We concentrate on three key areas: increased engagement in pleasant activities, fostering healthier thought patterns, & enhancing social support.



**Stroller Strides** - Stroller Strides® is a 60-minute total-body workout with strength, cardio, and core training, all while engaging the little ones in a stroller! You'll leave class feeling strong, empowered, connected, and energized—no matter your stage of motherhood. Workouts are held in person at our Family Resource Center.



**Workforce Solutions** - Call (830) 629-2010 ext. 2605 to schedule a time to meet with a local Workforce Solutions Rep for employment opportunities, resume assistance, or guidance on where to begin your job search. Our FRC has an open play-space for children to enjoy while you engage with WFS services.

