

# Healthy Start Groups 2021

HEALTHY START OFFERS A BROAD RANGE OF GROUPS TO FIT MULTIPLE NEEDS DURING PREGNANCY AND AFTER.

## 1.) BABY BUMPS



This every-other-week virtual group is a fun, supportive way to connect with other pregnant women and learn ways to cope with the everyday challenges of life.

1st and 3rd Tuesdays of the Month from 10:00-11:00am.

Join Zoom Meeting: <https://centerstone.zoom.us/j/95738922248>

## 2.) HEALTHY HABITS

Pregnant women and women who have children under three can join us in learning new ways to be/stay healthy and 30-45 minutes of exercise.

Every Tuesday from 9:00-10:30am.

Join Zoom Meeting: <https://centerstone.zoom.us/j/91368281701>



## 3.) ORGANIZED CHAOS

Pregnant women and moms with children under three can come to socialize with other moms, learn new things, and participate in creative activities.

Every Monday from 12:00-1:00pm.

Join Zoom Meeting: <https://centerstone.zoom.us/j/96048992682>



## 4.) FIND YOUR CALM AND CARRY ON

For moms and dads that have a baby under 2, join us to discover new ways to decrease stress and improve relaxation.

Every Monday from 6:00-7:00pm through February 22nd, 2021.

Join Zoom Meeting: <https://centerstone.zoom.us/j/98110098534>



## 5.) DAD CAFE'S

This virtual event covers a broad range of topics and is a fun, supportive way to connect with other men who provide care to a child.

Fourth Tuesday of the Month from 6:00-7:00pm.

Join Zoom Meeting: <https://centerstone.zoom.us/j/91201854133>



**FOR MORE INFORMATION PLEASE CONTACT:**

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