

**Middletown
Family Wellness
Center**
635 Main Street

**For More Info:
Visit our website!**

familywellness.chc1.com

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Engagement Program
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2018

Mon	Tue	Wed	Thu	Fri	Sat
2 Open Playgroup 9:30-11:00am	3 Cantos y Cuentos 10am-11:00am	4 Fingers and Feet 9:30 – 11:00am Movin' and Groovin with Miss Kim at the Main Site – 675 Main St. – 3rd Floor 4:00-5:00pm Family Yoga 4:30-5:30pm	5 Sensory Seekers 10:00-11:00am Circle of Security - Parenting Series (childcare provided) 6:15-7:15pm	6 Open Playgroup 9:30-11:00am Family Yoga 4:30-5:15pm	7
9 Family Yoga at Main Site – 675 Main Street- 3rd Floor 8:00-9:00am Circle of Mamas – Support Group for New Moms 10:00-11:30am	10 Movin' and Groovin with Miss Kim 10:00-11:00am	11 Fingers and Feet 9:30 – 11:00am Family Yoga 4:30-5:30pm	12 Infant Massage Parent-infant bonding led by a Licensed Massage Therapist 10:00-11:30am Circle of Security - Parenting Series (childcare provided) 6:15-7:15pm	13 Open Playgroup 9:30-11:00am Family Yoga 4:30-5:15pm Parents' Time Out: Parent Art Projects 5:30-6:30pm	14 Infant Massage Parent-infant bonding led by a Licensed Massage Therapist 10:00-11:30am
16 Open Playgroup 9:30-11:00am Cultural Connections – Support Group for Immigrant Women 5:00-6:30pm	17 Kids in the Kitchen with Kim Thibodeau 10:00-11:00am Diaper Bank Pick-Up 12-3:00pm	18 Fingers and Feet 9:30 – 11:00am Movin' and Groovin with Miss Kim at the Main Site – 675 Main St. – 3rd Floor 4:00-5:00pm Family Yoga 4:30-5:30pm	19 Sensory Seekers 10:00-11:00am Circle of Security - Parenting Series (childcare provided) 6:15-7:15pm	20 Open Playgroup 9:30-11:00am Family Yoga 4:30-5:15pm	21
23 Circle of Mamas – Support Group for New Moms 10:00-11:30am Family Yoga at Main Site – 675 Main Street- 3rd Floor 8:00-9:00am	24 Arts Explorers 10:00-11:00am Parents' Time Out: Parent Art Projects – childcare provided 5:30-6:30pm	25 Fingers and Feet 9:30 – 11:00am Family Yoga 4:30-5:30pm	26 Circle of Security - Parenting Series (childcare provided) 6:15-7:15pm	27 Open Playgroup 9:30-11:00am Breastfeeding Support Group 3:00-4:00pm Family Yoga 4:30-5:15pm	28
30	May 1	May 2	May 3	May 4	May 5