

**Middletown
Family Wellness
Center**
635 Main Street

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

familywellness.chc1.com

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2018

Mon	Tue	Wed	Thu	Fri	Sat
1 NEW YEAR'S DAY	2	3 Fingers and Feet 9:30 – 11:00am Circle of Security- Parenting Group 1:00-2:00pm	4 Sensory Seekers 10:00-11:00am Family Yoga 4:30-5:30pm	5 Open Playgroup 9:30-11:00am Family Yoga 4:30-5:30pm	6
8 Circle of Mamas – Support Group for New Moms 10:00-11:30am	9 Movin' and Groovin with Miss Kim 10:00-11:00am Diaper Bank Pick-Up 12-3:00pm	10 Fingers and Feet 9:30 – 11:00am Circle of Security- Parenting Group 1:00-2:00pm	11 Baby wearers Playgroup 10:00am – 12:00pm Family Yoga 5:00-6:00pm	12 Open Playgroup 9:30-11:00am Family Yoga 4:30-5:30pm	13 Infant Massage Parent-infant bonding led by a Licensed Massage Therapist 10:00-11:30am
15 Cultural Connections – Support Group for Immigrant Women 5:00-6:30pm	16 Cantos y Cuentos 10am-11:00am Parents' Time Out: Parent Art Projects – childcare provided 5:30-6:30pm	17 Fingers and Feet 9:30 – 11:00am	18 Sensory Seekers 10:00-11:00am Family Yoga 5:00-6:00pm	19 Open Playgroup 9:30-11:00am Family Yoga 4:30-5:30pm	20
22 Circle of Mamas – Support Group for New Moms 10:00-11:00am	23 Kids in the Kitchen with Kim Thibodeau 10:00-11:00am	24 Fingers and Feet 9:30 – 11:00am	25 Infant Massage Parent-infant bonding led by a Licensed Massage Therapist 10:00-11:30am Family Yoga 4:30-5:30pm	26 Open Playgroup 9:30-11:00am Family Yoga 4:30-5:30pm	27
29	30 Arts Explorers 10:00-11:00am	31 Fingers and Feet 9:30 – 11:00am	FEBRUARY 1	FEBRUARY 2	FEBRUARY 3