

**Middletown  
Family Wellness  
Center**  
634 Main Street  
Middletown, CT

**For More Info:**  
**Visit our website!**  
[familywellness.chc1.com](http://familywellness.chc1.com)

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Engagement Program  
Specialist  
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**2025**

Mon	Tue	Wed	Thu	Fri	Sat
June 2	3 Open Playgroup 10:00 – 11:00am 634 Main Street	4 Power Yoga – 4:45-5:45pm 634 Main Street	5 Power Yoga 4:45-5:45pm 634 Main Street	6 Open Playgroup 9:30 – 11:00am 634 Main Street  Breastfeeding Support Group - Zoom 11:00am – 12:00pm	7 
	10 Open Playgroup 10:00 – 11:00am 634 Main Street	11 Cultural Connections Coffee and Conversation Drop in group for English Learners- 10:00-12:00am 634 Main Street Power Yoga – 4:45-5:45pm 634 Main Street	12 Sensory Seekers 10:00 – 11:00am 634 Main Street  Power Yoga 4:45-5:45pm 634 Main Street	13 Open Playgroup 9:30 – 11:00am 634 Main Street	14
16 Music and Movement 10:00 – 11:00am	17 Open Playgroup 10:00 – 11:00am 634 Main Street	18 Diaper Bank Pick - Up 12:00 – 3:00pm 634 Main Street  Power Yoga 4:45-5:45pm 634 Main Street	19 Power Yoga 4:45-5:45pm 634 Main Street	20 Open Playgroup 9:30 – 11:00am 634 Main Street  Breastfeeding Support Group - Zoom 11:00am – 12:00pm	21
23 Music and Movement 10:00 – 11:00am	24 Open Playgroup 10:00 – 11:00am 634 Main Street	25 Power Yoga 4:45 – 5:45pm 634 Main Street	26 Sensory Seekers 10:00 – 11:00am 634 Main Street  Power Yoga 4:45-5:45pm 634 Main Street	27 Open Playgroup 9:30 – 11:00am 634 Main Street	28
30 Music and Movement 10:00 – 11:00am					