


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

For More Info:
Visit our website!
familywellness.chc1.com

Nat Holmes
Community Wellness &
Engagement Program
Specialist
HolmesN@chc1.com
860-347-6971 x3662

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2025

Mon	Tue	Wed	Thu	Fri	Sat
			31	August 1 Open Playgroup 9:30 – 11:00am 634 Main Street Breastfeeding Support Group - Zoom 11:00am – 12:00p	2
4 Music and Movement 10:00 – 11:00am	5 Open Playgroup 10:00 – 11:00am 634 Main Street	6 Cultural Connections Coffee and Conversation Drop in group for English learners 10:00am-12:00pm 634 Main Street	7	8 Open Playgroup 9:30 – 11:00am 634 Main Street	9
11 Music and Movement 10:00 – 11:00am	12 Open Playgroup 10:00 – 11:00am 634 Main Street	13 Power Yoga 4:45-5:45pm 634 Main Street	14 Sensory Seekers 10:00 – 11:00am 634 Main Street Power Yoga 4:45-5:45pm 634 Main Street	15 Open Playgroup 9:30 – 11:00am 634 Main Street Breastfeeding Support Group - Zoom 11:00am – 12:00pm	16
18	19 Open Playgroup 10:00 – 11:00am 634 Main Street	20 Diaper Bank Pick - Up 12:00 – 3:00pm 634 Main Street Power Yoga 4:45 – 5:45pm 634 Main Street	21 Power Yoga 4:45-5:45pm 634 Main Street	22 Open Playgroup 9:30 – 11:00am 634 Main Street	23
25 Music and Movement 10:00 – 11:00am	26 Open Playgroup 10:00 – 11:00am 634 Main Street	27 Power Yoga 4:45 – 5:45pm 634 Main Street	28 Sensory Seekers 10:00 – 11:00am 634 Main Street Power Yoga 4:45-5:45pm 634 Main Street	29 Open Playgroup 9:30 – 11:00am 634 Main Street	30 