



NEW PARENT SUPPORT PROGRAM

December 2025

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1 Play Day	2 Breastfeeding Basics 	3	4 Play Day	5	6
7	8 Play Day	9 Baby Boot Camp 	10	11 Play Day	12	13
14	15 Play Day	16 MIF Post Partum Support Group 	17	18 Play Day	19	20
21	22 Play Day	23	24	25 Christmas 	26	27
28	29 Play Day	30	31			

Notes

Baby Boot Camp: 9 AM – 4 PM | Register on Eventbrite

Breastfeeding Basics:** 11 AM – 1 PM | Register on Eventbrite

Play Day:** 10:00 AM – 11:30 AM | NO REGISTRATION REQUIRED

Single Parent Lunch & Learn:** 12:00 PM – 1:00 PM | Register on Eventbrite

Pregnancy 101:** 1 PM – 3 PM | Registration REQUIRED (Call 703.784.4248)

Mothers In Formation Postpartum Support Group:** 11 AM – 1 PM | Register on Eventbrite

Tots In Tow:** 9:00 AM – 10:00 AM | NO REGISTRATION REQUIRED

SCAN TO REGISTER
ON EVENTBRITE



**Welcome to mothers who are currently, or will be, breastfeeding

**Welcome to family with children 0-5 years

**Welcome to single parents who want to connect with others

**Welcome to Active-Duty Postpartum mothers

**Welcome to families with children 0-5 years

**Welcome to anyone who is pregnant or planning for pregnancy

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