



NEW PARENT SUPPORT PROGRAM

# April 2026

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			1 Tots in Tow	2 Play Day	3	4
5	6 Play Day	7 Breastfeeding Basics 	8 Tots in Tow TRIBE	9 Play Day	10	11
12	13 Play Day	14 Baby Boot Camp 	15 Tots in Tow	16 Play Day	17	18
19	20 Play Day	21 Mothers in Formation Pregnancy 101	22 Tots in Tow	23 Play Day	24	25
26	27 Play Day	28 Baby Boot Camp 	29 Tots in Tow	30 Play Day		

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  
**Pregnancy 101\*\*:** 1 PM – 3 PM | Registration REQUIRED (Call 703.784.4248)  
**Mothers In Formation Postpartum Support Group\*\*:** 2PM – 3:30 PM | Register on Eventbrite  
**TRIBE\*\*** 4:30PM - 5:30PM | Register on Eventbrite  
**Tots in Tow\*\***10:00 AM – 11:00AM | 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 active-duty mothers expecting through children age 5
- \*\*Welcome to families with children 0-5 years
- \*\* Welcome to anyone who is pregnant or planning for pregnancy
- \*\* Welcome to single parents of 0-5yr olds
- \*\* Welcome to families with children 0-5 years