



NEW PARENT SUPPORT PROGRAM

March 2026

| Sun. | Mon. | Tue. | Wed. | Thu. | Fri. | Sat. |
|------|----------------|--|-------------|----------------|------|------|
| 1 | 2 Play Day | 3 Breastfeeding Basics  | 4 | 5 Play Day | 6 | 7 |
| 8 | 9 Play Day | 10 Baby Boot Camp  | 11 TRIBE | 12 Play Day | 13 | 14 |
| 15 | 16 Play Day | 17 Mothers in Formation | 18 | 19 Play Day | 20 | 21 |
| 22 | 23 Play Day | 24 | 25 | 26 Play Day | 27 | 28 |
| 29 | 30 Play Day | 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**
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**
TRIBE 1630-1730 | Register on Eventbrite**

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

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