



NEW PARENT SUPPORT PROGRAM

October 2025

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	9 Play Day	10	11
12	13 Columbus Day 	14	15 Tots In Tow MIF Post Partum Support Group 	16 Play Day Pregnancy 101 	17	18
19	20 Play Day	21	22 Tots In Tow	23 Play Day	24 Pirates in the Park-Register before 17 Oct.	25
26	27 Play Day	28 Baby Boot Camp 	29 Tots In Tow	30 Play Day **Single Parent Lunch & Learn	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

Pirates in the Park: 4:00-6:00 PM | 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 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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