



NEW PARENT SUPPORT PROGRAM

January 2026

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1 New Year's Day	2	3
4	5 Play Day	6 Breastfeeding Basics	7	8 Play Day	9	10
11	12 Play Day	13 Baby Boot Camp	14	15 Play Day	16	17
18	19 MLK Jr Day 	20 Pregnancy 101 	21 MIF Post Partum Support Group	22 Play Day	23	24
25	26 Play Day	27 Baby Boot Camp 	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

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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