

January



Hushabye
Nursery

2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 	3 Strength through Safety 10am HOPPE 2pm Maternal Mental Health with Anne Smart Recovery 6:30pm	4 Group Coaching 11am *FIC HOPPE 6pm Never Shake a Baby/Breastfeeding	5 Smart Recovery 9am HOPPE 11 am Eating for 2 Dad's Group 6:30pm Understanding NAS/Safe Storage	6 HOPPE 10am First Foods	7 HOPPE 9am Car Seat Safety Nurturing Fathers 1:30pm
9 HOPPE 10am Understanding DCS and Legal Issues with Maggie Labor and Delivery with Suzanne 6pm	10 Strength through Safety 10am HOPPE 2pm Formula Feeding Smart Recovery 6:30pm Baby Boot Camp 6pm	11 Group Coaching 11am HOPPE 6pm Home and Water Safety/Breastfeeding	12 Smart Recovery 9am HOPPE 11 am Maternal Health w/ Anne Dad's Group 6:30pm What to Expect in Pregnancy	13 HOPPE 10am Labor and Delivery	14 Welcome to Hushabye/Safe Storage 9am Nurturing Fathers 1:30pm
16 HOPPE 10am Understanding DCS/Safe Storage Triple P 5:30-7pm	17 Strength through Safety 10am HOPPE 2pm NAS and Breastfeeding Smart Recovery 6:30pm Baby Boot Camp 6pm	18 Group Coaching 11am HOPPE 6pm Swaddle Baths/Breastfeeding	19 Smart Recovery 9am HOPPE 11 am Breastfeeding with Kristi Dad's Group 6:30pm Understanding DCS	20 HOPPE 10am Understanding Marijuana Use	21 HOPPE 9am Safe Sleep Nurturing Fathers 1:30pm
23 HOPPE 10am Understanding DCS Triple P 5:30-7pm	24 Strength through Safety 10am HOPPE 2pm Play to Promote Attachment (0-12m) Smart Recovery 6:30pm Baby Boot Camp 6pm	25 Group Coaching 11am *IN PERSON & ZOOM Green Binder/Healthcare HOPPE 6pm Family HOPPE /Breastfeeding	26 Smart Recovery 9am HOPPE 11 am Signs of Labor/Safe Storage Dad's Group 6:30pm Daddy Stories	27 HOPPE 10am Tummy Trouble	28 HOPPE 9am Safe Sleep Nurturing Fathers 1:30pm
30 HOPPE 10am Understanding DCS Triple P 5:30-7pm	31 Strength through Safety 10am HOPPE 2pm Well Baby Visits Smart Recovery 6:30pm Baby Boot Camp 6pm				

HOPPE Groups:

The Hushabye Opioid Pregnancy Preparation and Empowerment (HOPPE) program is designed to help you have a healthy pregnancy, healthy baby, safe home and keep your family together. This group supports pregnant women and their families struggling with Opiate Use Disorder. Hushabye Nursery understands that this can be an overwhelming time, and in this group, you will learn strategies for success and find caring individuals to support you!

SMART Recovery:

SMART Recovery is an abstinence-based support group that focuses on ideas and techniques to help you change your life from one that is self-destructive and unhappy, to one that is constructive and satisfying. You will learn scientifically proven methods designed to empower you to change and to develop a more positive lifestyle.

Dad's Group:

This group is designed to support dads to help them understand what to expect in pregnancy, birth, and beyond. This group is led by one of our Peer Mentor Dads who has been through the Hushabye program and is focused on real conversation and education!

Triple P, Positive Parenting Program:

Triple P is an evidence-based parenting program that teaches parents the skills needed to raise confident, healthy children, and build stronger family relationships. You will learn simple, practical strategies that you can adapt to meet the needs of your families' values, beliefs, and needs. The program consists of six-week classes, contact Shauna to sign up or learn more.

Strength through Safety:

This support group is designed for people with a history of addiction and trauma. It focuses on healthy coping skills to help you become safer in your relationships, thinking, and actions. Seeking Safety focuses on the present which means we will focus on what you can do right now to create a healthy life for you and your family!

Group Coaching:

This group is led by one of our peer mentors and covers a specific topic each week. Here you will learn about resources available to you as well as make sure you have a solid understanding of how to use your green binder and how to access additional support.

Car Seat Safety/ Safe Sleep:

These classes are taught once per month and cover the fundamentals of Safe Sleep and Car Seat Safety. After completing the class, you will receive a free car seat and pack and play!

Raising a Reader

This 4-week class is offered through Arizona Children's Association. Parents will learn how early literacy can help children grow and develop and will learn hands on skill they can use right away. Participants will receive a package of books to keep and use with their children- you must sign up to register.

Welcome to Hushabye:

This group will introduce you to the Hushabye Nursery program. You will learn the keys to success and hear from other families who are thriving!

Baby Boot Camp

This group is especially for those supporting our pregnant mummies! It is a 4-week class which focuses on what to expect in pregnancy, at the hospital, and at home. The final class will be an in-person group where you will get to practice hands-on skills like swaddling, changing diapers, and feeding.

All Groups are Free Virtual. Please Call or Text 480-628-7500 to register.
