

# March



Hushabye  
Nursery

2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>Group Coaching 11am</b>  <b>HOPPE 6pm</b> Potty Training	2 <b>Smart Recovery 9am</b> <b>HOPPE 11 am</b> <b>Dad's Group 6:30pm</b> Understanding NAS/Safe Storage	3 <b>HOPPE 10am</b> Home and Water Safety  <b>Anticipatory Grief 1:00 pm</b>	4 <b>HOPPE 9am</b> Car Seat Safety
6 <b>HOPPE 10am</b> Understanding DCS and Legal Issues with Maggie  <b>Hushabye Curiosity Class 11am</b>	7 <b>Strength through Safety 10am</b> <b>HOPPE 2pm</b> Danger Signs in Pregnancy <b>Smart Recovery 6:30pm</b> <b>Baby Boot Camp 6pm</b>	8 <b>Group Coaching 11am</b> <b>Hushabye Curiosity Class 11am</b>  <b>HOPPE 6pm</b> Eating for Two	9 <b>Smart Recovery 9am</b> <b>HOPPE 11 am</b> Breastfeeding with Kristi/Safe Storage <b>Dad's Group 6:30pm</b> What to Expect in Pregnancy	10 <b>HOPPE 10am</b> Protective Factors <b>Hushabye Curiosity Class 11am</b> <b>Anticipatory Grief 1:00 pm</b>	11 <b>Welcome to Tummy Trouble 9am</b>  <b>Nurturing Fathers 1:30pm</b>
13 <b>HOPPE 10am</b> Understanding DCS/Safe Storage  <b>Hushabye Curiosity Class 11am</b>	14 <b>Strength through Safety 10am</b> <b>HOPPE 2pm</b> First Foods/Safe Storage <b>Smart Recovery 6:30pm</b> <b>Baby Boot Camp 6pm</b>	15 <b>Group Coaching 11am</b> <b>Hushabye Curiosity Class 11am</b>  <b>HOPPE 6pm</b> Formula Feeding and Breastfeeding	16 <b>Smart Recovery 9am</b> <b>HOPPE 11 am</b> MAT with Charissa <b>Dad's Group 6:30pm</b> Understanding DCS	17 <b>HOPPE 10am</b> Marijuana <b>Hushabye Curiosity Class 11am</b> <b>Anticipatory Grief 1:00 pm</b> <b>Baby Bucks Sale 10-20</b>	18 <b>HOPPE 9am</b> Understanding NAS  <b>Nurturing Fathers 1:30pm</b>
20 <b>HOPPE 10am</b> Understanding DCS  <b>Hushabye Curiosity Class 11am</b>  Triple P 5:30-7pm	21 <b>Strength through Safety 10am</b> <b>HOPPE 2pm</b> NAS and Breastfeeding <b>Smart Recovery 6:30pm</b> <b>Baby Boot Camp 6pm</b>	22 <b>Group Coaching 11am</b> <b>Hushabye Curiosity Class 11am</b>  <b>HOPPE 6pm</b> NAS and Swaddle Baths	23 <b>Smart Recovery 9am</b> <b>HOPPE 11 am</b> Never Shake a Baby/ Safe Storage <b>Dad's Group 6:30pm</b> Daddy Stories	24 <b>HOPPE 10am</b> Play to Promote Movement 12-36mos. <b>Hushabye Curiosity Class 11am</b> <b>Anticipatory Grief 1pm</b>	25 <b>HOPPE 9am</b> Safe Sleep  <b>Nurturing Fathers 1:30pm</b>
27 <b>HOPPE 10am</b> Understanding DCS <b>Hushabye Curiosity Class 11am</b>  Triple P 5:30-7pm	28 <b>Strength through Safety 10am</b> <b>HOPPE 2pm</b> Postpartum Warning Signs <b>Smart Recovery 6:30pm</b> <b>Baby Boot Camp 6pm</b>	29 <b>Group Coaching 11am</b> <b>Hushabye Curiosity Class 11am</b>  <b>Triple P 1:00-2:30 pm</b>  <b>HOPPE 6pm</b>	30 <b>Smart Recovery 9am</b> <b>HOPPE 11 am</b> Preparing for the Hospital/ Safe Storage <b>Dad's Group 6:30pm</b> Daddy Stories	31 <b>HOPPE 10am</b> Teething Hints <b>Hushabye Curiosity Class 11am</b>  <b>Anticipatory Grief 1:00 pm</b>	

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

### **Hushabye Curiosity Class:**

This group is specially designed to introduce individuals who are curious about the Hushabye Nursery. You will learn all about the services and support we provide that can help you thrive and will hear the keys to success from families who are a part of our community. Click here to join:

<https://hushabyenursery-org.zoom.us/j/4171514791?pwd=UmkwUVdaU0ZVK2M1SW1TS0hodU9vdz09>

PW: 3003

### **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 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!

### **Anticipatory Grief Group**

Welcoming a new baby can bring about a variety of emotions beyond joy and excitement. Perhaps you have experienced trauma in your past pregnancies or deliveries, are facing DCS involvement, or have other reasons you are anticipating challenges with the birth of your baby. Fear, anxiety, and sadness are all symptoms of Anticipatory Grief. Please join this NEW group to discuss and share your struggles with others and discover healthy ways to cope, so that there is room to feel joy, hope, and relief!

### **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.

