


May



Hushabye
Nursery

2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>HOPPE 10am Understanding DCS and Legal Issues with Maggie Hushabye Curiosity Class 11am Triple 5:30-7pm</p>	<p>2</p> <p>Strength through Safety 10am HOPPE 2pm Play to Promote Movement Smart Recovery 6:30pm</p>	<p>3</p> <p>Group Coaching 11am Hushabye Curiosity Class 11am Triple P 1-2:30 HOPPE 6pm Potty Training</p>	<p>4</p> <p>Smart Recovery 9am HOPPE 11 am Postpartum Warning Signs/Safe Storage Dad's Group 6:30pm What to Expect in Pregnancy</p>	<p>5</p> <p>HOPPE 10am Breastfeeding with Meredith Hushabye Curiosity Class 11am Anticipatory Grief 1:00 pm</p>	<p>6</p> <p>HOPPE 9am Car Seat Safety Arts and Crafts with Grandma Madi 12pm Nurturing Fathers 1:30pm</p>
<p>8</p> <p>HOPPE 10am Understanding DCS Hushabye Curiosity Class 11am Triple 5:30-7pm</p>	<p>9</p> <p>Strength through Safety 10am HOPPE 2pm Breastfeeding with Meredith Smart Recovery 6:30pm</p>	<p>10</p> <p>Group Coaching 11am Hushabye Curiosity Class 11am Caregiver Support 12pm HOPPE 6pm Preparing for the Hospital</p>	<p>11</p> <p>Smart Recovery 9am HOPPE 11 am Teething Hints/Safe Storage Dad's Group 6:30pm What to Expect in Pregnancy</p>	<p>12</p> <p>HOPPE 10am Tummy Trouble Hushabye Curiosity Class 11am Anticipatory Grief 1:00 pm</p>	<p>13</p> <p>HOPPE 9am Welcome to Hushabye Nurturing Fathers 1:30pm</p>
<p>15</p> <p>Hushabye Giveaway Day 9:30am-2pm HOPPE 10am Understanding DCS/Safe Storage Hushabye Curiosity Class 11am</p>	<p>16</p> <p>Hushabye Giveaway Day 9:30am-2pm Strength through Safety 10am HOPPE 2pm Understanding NAS Smart Recovery 6:30pm</p>	<p>17</p> <p>Group Coaching 11am Hushabye Curiosity Class 11am Protective Factors 1pm HOPPE 6pm Eating for Two</p>	<p>18</p> <p>Smart Recovery 9am HOPPE 11 am Breastfeeding with Kristi Labor and Delivery 5pm Dad's Group 6:30pm Understanding DCS</p>	<p>19</p> <p>HOPPE 10am Breastfeeding with Meredith Hushabye Curiosity Class 11am Anticipatory Grief 1:00 pm</p>	<p>20</p> <p>HOPPE 9am First Foods Nurturing Fathers 1:30pm</p>
<p>22</p> <p>HOPPE 10am Understanding DCS/MAT with Mike Hushabye Curiosity Class 11am</p>	<p>23</p> <p>Strength through Safety 10am HOPPE 2pm Baby Care 101/Safe Storage Smart Recovery 6:30pm</p>	<p>24</p> <p>Group Coaching 11am Hushabye Curiosity Class 11am Caregiver Support 12pm Protective Factors 1pm HOPPE 6pm Breastfeeding with Meredith</p>	<p>25</p> <p>Smart Recovery 9am HOPPE 11 am Breastfeeding with Kristi Labor and Delivery 5pm Dad's Group 6:30pm Daddy Stories/SS</p>	<p>26</p> <p>HOPPE 10am Formula Feeding Hushabye Curiosity Class 11am Anticipatory Grief 1pm</p>	<p>27</p> <p>HOPPE 9am Safe Sleep</p>
<p>29</p> <p> HAPPY Memorial Day</p>	<p>30</p> <p>Strength through Safety 10am HOPPE 2pm Home & Water Safety Smart Recovery 6:30pm Baby Boot Camp 6pm</p>	<p>31</p> <p>Group Coaching 11am Hushabye Curiosity Class 11am Protective Factors 1pm Family HOPPE with Tara 6pm</p>			

Hushabye Curiosity Class:

This group is specially designed to introduce individuals who are curious about 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://hushabynursery-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!

Nurturing Fathers

This is an evidence based, 13- week training course that is designed to teach parenting and nurturing skills to men. Each 2 ½ hour class provides proven, effective skills for healthy family relationships and child relationships. Contact joseph.fant@hushabyenursery.org to sign up!

Protective Factors

No family is free from experiencing difficulties. Successful parents make it through these times by accessing their strengths in helping kids understand feelings, adapting parenting as children grow, connecting with others, building inner strength, and knowing how to find help. This group will focus each week on one of these areas so that you feel more confident, less stressed, and better connected to your children.

Caregiver Support

This group is designed to support those who are caring for a baby as foster parents, kinship placement, and responsible adults. You will learn how to care for an infant with NAS, how to support your loved one, and how to ensure you are taking care of yourself!

Blue highlighted Classes can be accessed using the link below:



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

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To access all other classes, call 480-628-7500 to schedule an intake!