

**December Events for pregnant women and families in Essex County**  
(calendar compiled by Essex Pregnancy and Parenting Connection)

**BREASTFEEDING Preparation Classes**

**Newark WIC**

**Newark Department of Child & Family Well-Being**

110 William Street

973.733.7628

Thursday 10am & 11am

**UMDNJ -WIC**

65 Bergen Street

Room GA-06

973.972.3416

Tuesdays & Fridays

10am and 2pm

**East Orange WIC**

444 William Street

973.395.8960

Tuesday 1:30pm

Friday 9:30am

**Baby Basics Hola Bebe!**

**Moms Club (Club de Mamas)**

**\*\*Spanish Only\*\***

**\*\*All participants will receive the Hola Bebe pregnancy book & planner\*\***

**Ironbound Family Success Center**

317 Elm Street

Newark

Tuesdays 10am

**La Casa de Don Pedro Family Success Center**

23 Broadway

Fridays 10am

**Holiday Events**

Tree lighting ceremony-City of Newark

December 13, 2011

4:30pm

City Hall

Tree lighting ceremony and toy voucher giveaway-City of East Orange  
December 1, 2011  
5:00pm  
City Hall steps

Tree lighting ceremony-City of Irvington  
December 8, 2011  
5:00pm  
Town Hall steps

Ad House

Christmas Women's Health Workshop on Dec. 17th, from 11:30-3:30pm. Parents **MUST CALL**  
**IN ADVANCE** to attend this workshop. Toys will be given out at this event.  
973-372-0457-Ask for Sabrina Perry

**Free community YOGA classes**

LOTUS YOGA

December 4, 2011

December 11, 2011

December 18, 2011

December 25, 2011

All classes begin at 4:00pm

460 Washington Street, #1

Newark, New Jersey 07102

Telephone: 973.783.5060

\*The Newark studio has switched to a donation based model for all Yoga and Meditation classes. We ask that all students donate what they can afford to pay.