



From pregnancy
into parenthood,
we're with you every
step of the way!
www.familycfa.com



#LI momsquad

Our Village is
Your Village!

www.suffolkcountyywest.com

P.O. Box 85
Smythtown, NY 11787
Call or text us at
(631) 360-2880

Our Purpose

Our purpose - our mission - is to empower families so they can more effectively be stable and secure sources of health, well being and fun.

Further, as a professional team, our purpose is to provide quality programs, community referrals and an opportunity for parents to network. This allows our clients to enhance and to support with certainty their families' health and well-being.

We take pride in the partnerships we form with our clients to accomplish our combined objectives. We honor these partnerships as the foundation for the service we provide and depend on them for our mutual growth.

Families First

FALL-WINTER 2020-2021

CFA, Inc. - Fit4mom Newsletter

Childbearing Family Alliance, Inc. ☎ Serving Long Island families since 1981



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From The Director

Mary R. Kahrs, BS, MA, BSS, FACCE

Hello CFA families and friends!

I hope everyone is safe, healthy and very happy.



The pandemic has changed everyone's lives in so many different ways. Things at CFA have changed dramatically since March 13, 2020. It's so hard to decide where to start but yet there is so much I want to tell you.

In June we closed our preschool and suspended our parent-child programs. At the same time CFA was packed up and we left our 25 year old home at 359 Route 111. These changes were beyond heartbreaking and gut-wrenching for all of us. Not a day goes by that I don't miss the hustle and bustle, the joy and energy of being with my CFA sisters and our CFA families.

We are currently working remotely and on the hunt for a new facility in 2021. It is our hope to bring back all our programs and look back on 2020 as a forced hiatus. One that allows us to re-build, re-group, re-organize, re-juvenate, re-create, and any other "re" you can think of :)

Until then, all our prenatal classes are being held virtually. Though we are all chomping at the bit to get back in the classroom and be face-to-face. Nothing beats being with people, in person! I really miss hugging!

We have also altered our virtual prenatal class schedule. Pregnancy Basics, our free early pregnancy class takes place twice a month. Childbirth Education is being offered 2 mornings or 3 evenings. Breastfeeding education now includes a basics class and a more comprehensive class. Baby care and CPR classes are still available.

New Mother's Group, in my opinion the most important program we offer, is ready and waiting to help new moms adjust as they transition into their new role. Yes, this program is also virtual. It's more important than ever to support new moms during this crazy and isolating time.

Stroller Strides (Fit4mom) classes are taking place outside in the fresh air. With every safety precaution being taken. Our instructors are diligent in making sure that moms and babies are safe and happy. As the fall weather sets in we will be moving classes inside. We will be working with local dance studios and Smith Haven Mall.



We constantly update our website, Instagram and Facebook page. Please visit them for the latest news and current schedules.

Before we know it the holidays will be upon us, there will be snow on the ground and we will be ringing in a new year. May 2021 be a year of health, happiness and prosperity. I hope to see you and your family at the New CFA in the New Year!

Wishing you all the best,

Mary

PS - Here's how to contact and keep up with us

Call or text us at 631-360-2880

Emails:

- familycfa@aol.com
- marykahrs@fit4mom.com

Websites:

- www.familycfa.com
- www.suffolkcountywest.fit4mom.com

Facebook:

- CFAinSmithtown
- strollerstrideslongisland

Instagram:

- Familycfa
- Fit4momlongisland

"It is time for parents to teach young people that in diversity there is beauty and there is strength." – Maya Angelou

Meet Our KTO - Stroller Strides Instructor

Katie O'Flaherty better known as KTO in our Stroller Strides (Fit4mom) circles. She is married to her wonderful husband Sean, mother to daughter Morgan (22 months), and puppy mom to their chiweenie, Punk. You can find her teaching Stroller Strides classes, dancing and on social media, but mostly at home these days!

Katie is one of our certified Stroller Strides Instructors. She also does our social media postings, and customer service. All of which she excels at. KTO loves Punk Rock and Emo Music. She has gone to over 200 shows - 40 of them being the band Coheed and Cambria.

Katie found Stroller Strides, a Fit4Mom program, through CFA, Inc. She was in her new mom's group with Mary Kahrs, CFA's Director and New Mother's Group Facilitator, who kept telling the group about Stroller Strides and that the first class is free. Katie started classes in May 2019 and hasn't stopped. Mary Kahrs saw the instructor potential in Katie, asked her to get certified and the rest is history!

Katie enjoys the little muscle movements because they have a big impact. Abductors and arms are her favorite! She enjoys singing to the kids, even though she feels she sings off



key. Morgan, her adorable daughter, helps out by singing Old MacDonald and Wheels on the Bus with her mom.

Katie loves bringing moms together. The pandemic has had a huge impact on so many of our moms. Katie feels that Stroller Strides classes give moms and their children a safe place to go and meet other families. Growing our village has been most rewarding to Katie and so important to her, personally.

In addition to being there for our moms, physically and emotionally, Katie explained it also provides her with the selfcare she needs. She says, "I know I need exercise to be better mentally for myself and my family."

In closing, Katie would like to tell you, "Taking one step can change your life. Taking my free class back in May (2019) changed my whole life! Don't be afraid to take the first step, you never know where it will bring you!"

Hope to see you and your kiddos at a Stroller Strides class soon! Come on, join us, go ahead and enroll through our website:
www.suffolkcountywest.fit4mom.com

About our *Free* Pregnancy Basics Class

Are you pregnant?

Congratulations! It's the perfect time to take a "Pregnancy Basics" class!

This is our very own special program that we offer free of charge to all parents-to-be.

This 1.5 hour class is fun, informative and for moms-to-be and their partner at any time during pregnancy though we encourage participation as early in pregnancy as possible.

During this class you will learn a little bit about a lot of things! It's a packed 90 minutes! This class is a "how-to" program that helps you feel more confident and educated as you advance through your pregnancy, feeling healthy, better organized and prepared. The purpose of this class is to get mom thinking about what she needs and wants!



Topics include:

- Baby's growth and development
- Anatomy and physiology
- Intro to labor and delivery
- Intro to breastfeeding
- Overview of hospital policies and procedures

Pregnancy Basics is provided virtually, though CFA as well as at many OB/Gyn practices. Ask your physician or midwife if this is available in their office. If not, go to our website, pick a date and register.

While you're there take a peek at the other wonderful and comprehensive prenatal classes we offer.

How we give birth matters – and not just for the day itself. An empowering, confident start can have a lifelong impact on the physical and emotional health of both mum and baby.

~ MILLI HILL



Established 1981

Mary R. Kahrs,
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631-360-2880



Currently Available Programs Include:

- **Pregnancy Basics**
A free early pregnancy class
- **Childbirth Education**
2 mornings or 3 evenings
- **Breastfeeding**
The basics or a more comprehensive class
- **Baby Care Basics**
- **Infant & Child CPR**
- **New Mother's Group**
- **Stroller Strides classes (Fit4mom)**

In 2021

- Our parent-child programs will return
 - My Baby & Me
 - Fun for Wee Ones
 - Stay & Play
- Preschool Enrichment programs

Our Village is YOUR Village!

Join us for In Person Classes & Events

Stroller Strides

is a mother-centered Fit4Mom fitness program. These wonderful classes are the perfect complement to our CFA program lineup!



Mom's Night Out

Yes! A night out for moms! We schedule at least 1 each month. Meet other moms, chat, relax and have some fun. Join us!



Playgroups

Including a variety of group activities, crafts & guest speakers with all necessary safety precautions taken.

Want to know more?

Our contact information is listed in this newsletter.

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