



January 2026 NICU Classes and Groups



Please meet in the NICU Family Lounge for all classes and groups.
Description of classes and groups is on the back.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
January is... National Birth Defects Awareness/Prevention Month National Blood Donor Month National Glaucoma Awareness Month World Braille Day is January 4th				1 	2 1pm: Interfaith Spirituality Group <i>Group for persons of all faiths and backgrounds</i>	3
4	5 	6 12pm & 6pm: Infant Safety & CPR <i>Required for discharge from the NICU</i>	7	8 1pm: Mom Support Group <i>The support group for NICU moms</i> 6pm: Infant Safety & CPR <i>Required for discharge from the NICU</i>	9 	10 12pm: Infant Safety & CPR <i>Required for discharge from the NICU</i>
11 	12	13 12pm & 6pm: Infant Safety & CPR <i>Required for discharge from the NICU</i>	14 12:30pm: Dine & Discover Parent Support Group <i>Featured Speaker: Ms. Tanika Jones, Norfolk Outreach Coord. for Women, Infants, and Children (WIC)</i>	15 1pm: Dad Support Group <i>The support group for NICU dads</i> 6pm: Infant Safety & CPR <i>Required for discharge from the NICU</i>	16 1pm: Interfaith Spirituality Group <i>Group for persons of all faiths and backgrounds</i>	17
18	19 Martin Luther King Jr Day 	20 12pm & 6pm: Infant Safety & CPR <i>Required for discharge from the NICU</i>	21 	22 1pm: Mom Support Group <i>The support group for NICU moms</i>	23	24
25 	26	27 12pm & 6pm: Infant Safety & CPR <i>Required for discharge from the NICU</i>	28 6:30pm: Dine & Discover Parent Support Group	29 1pm: Dad Support Group <i>The support group for NICU dads</i> 6pm: Infant Safety & CPR <i>Required for discharge from the NICU</i>	30	31

When your baby is admitted to the NICU, one of the most important things you can do is learn all you can about his/her care. To help you learn, please try to attend as many of our classes and groups as possible.

Dine & Discover (D&D): D&D is our support dinner for families. Each meeting features a [NICU topic](#) to help you learn more about the unit. We provide dinner and give you the chance to get to know some other NICU families. Look for signs throughout the unit with the topic details.

Infant Safety & CPR: This class is mandatory for all NICU families and caregivers to take prior to discharge from the NICU. This class covers mandatory discharge education about The Period of Purple Crying, crib safety, safe sleep guidelines, car seat education, and infant CPR. It is recommended for families to begin discharge teaching at approximately [33 weeks gestation](#) to ensure parents feel prepared when baby is ready to go home. **Sign up is required for this class due to limited space.**
Class is approximately 1.5 hours long.

Interfaith Spirituality Group: This group is a reflective space for parents and caregivers to explore how their faith or spirituality provides support during difficult times, such as having a child in the NICU. Facilitated by the NICU Chaplain, the discussion offers an environment for individuals to share personal experiences of how their beliefs have been both challenged and strengthened. The group emphasizes how connecting with one's own sense of spirituality can help increase resilience during difficult circumstances.

Mom Support Group: Mom Support Group is just for NICU moms. Discussion is facilitated by a NICU Social Worker. This is a group where moms can discuss and work to come to terms with the many emotions experienced in the NICU: guilt, grief, powerlessness, anger, loneliness and more. Come and get to know other NICU moms while you focus on healing yourself.

Dad Support Group: Dad Support Group is just for NICU dads. Discussion is facilitated by a NICU Social Worker. This is a group where dads can discuss and work to come to terms with the many emotions experienced in the NICU: guilt, grief, powerlessness, anger, loneliness and more. Come and get to know other NICU dads while you focus on healing yourself.

When you attend a NICU class or group, you will receive one NICU Buck, which you can use to shop in our NICU Store.

All classes and groups are held in our Family Lounge.