

ALBANY JULY 2021 VIRTUAL Class Schedule



518 Clinton Ave. Albany NY 12206  
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Mon-Fri: 9:00 am-4:00 pm  
Center Director: Lisa Carson  
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Did you know that we have One on One Mentoring for Men and Women? Call us to inquire more.

Make an APPOINTMENT to shop in our newly remodeled Boutique!  
Whether curbside or in person, appointments are needed.

<u>Monday</u>	<u>Wednesday</u>
<p><b><u>COURT-MANDATED Parenting CLASS 6:00-7:00 pm</u></b> Jul 5 - OFFICE CLOSED Jul 12 - Domestic Violence Jul 19 - Anger Management Jul 26 - Toddler:Safety</p>	<p><b><u>BIBLE STUDY 1:00-2:00 pm</u></b> Jul 7 - Bible Study Jul 14 - Bible Study Jul 21 - Bible Study Jul 28 - Bible Study</p>
<p><b><u>Tuesday</u></b></p>	<p><b><u>Thursday</u></b></p>
<p><b><u>CHILDBIRTH PREP 10:00-11:00 am</u></b> Class is for expecting parents, up to 6 week post birth Jul 6 - Breastfeeding Jul 13 - PostPartum:Postpartum Depression Jul 20 - PreNatal: What's Safe in Pregnancy Jul 27 - Childbirth Prep: Labor and Delivery-Getting Ready *You must complete specific classes for the layette program</p>	<p><b><u>PREGNANCY CLASS 9:30-10:30 am</u></b> Jul 1 - Your Unborn Baby's Secret World Jul 8 - Infant CPR Jul 15 - Labor and Delivery:Natural Comfort Measures Jul 22 - Shaken Baby Syndrome Jul 29 - The Final Stretch</p>
<p><b><u>NEW MOMS and DADS CLASS 11:30am-12:30 pm</u></b> Class is for parents with a child from birth through one year old. Jul 6 - Crying Jul 13 - Expectations for 9-12 Months Jul 20 - Childhood Immunizations Jul 27 - Getting Your Baby to Sleep</p>	<p><b><u>Friday</u></b></p>
<p><b><u>PARENTING CLASS 1:00-2:00 pm</u></b> Jul 6 - Situational Discipline Jul 13 - Family Stability Inside Change Jul 20 - Creating Kindness Jul 27 - The Importance of Words</p>	<p><b><u>BIBLE STUDY 11:00am-12:00 pm</u></b> Jul 2 - Bible Study with Miss Marge and Miss Lisa Jul 9 - Bible Study with Miss Marge and Miss Lisa Jul 16 - Bible Study with Miss Marge and Miss Lisa Jul 23 - Bible Study with Miss Marge and Miss Lisa Jul 30 -Bible Study with Miss Marge and Miss Lisa</p>
	A graphic with the word 'hello' in a cursive font above the word 'SUMMER' in a bold, sans-serif font. Each letter of 'SUMMER' is inside a colored circle that looks like a popsicle, with a wooden stick at the bottom. The colors are pink, orange, yellow, green, blue, and purple.
	<p><b>All of our programs are free and confidential. Please call for an appointment.</b></p>

We offer: Free Pregnancy tests, Free Ultrasounds, Childbirth Classes, Parenting Classes, and Bible Studies.  
Our program allows families to earn diapers, clothing, baby furniture, baby gear and more.