



518 Clinton Ave. Albany NY 12206  
Phone: (518) 462-2188  
Web: www.alphacare.org

Mon-Fri: 9:00 am-4:00 pm  
Center Director: Lisa Carson  
E-mail: lisa@alphacare.org

**In person shopping is available again starting Oct 20th. Until then, please call for curbside pickup.**

**Monday**

**VIRTUAL Court-Mandated Parenting Class**

6:00-7:00 pm

- Oct 4 - Whining
- Oct 11 - Depression and Suicide (Office Closed)
- Oct 18 - Creating Courage
- Oct 25 - Carseat Safety

**Tuesday**

**VIRTUAL Childbirth Prep 2:30-3:30 pm**

Class is for expecting parents, up to 6 week post birth

- Oct 5 - Baby Care Basics
- Oct 12 - Breastfeeding
- Oct 19 - Postpartum Depression
- Oct 26 - Third Trimester

\*You must complete specific classes for the layette program

**VIRTUAL New Moms and Dads Class**

11:30am-12:30 pm

Class is for parents with a child from birth through one year old.

- Oct 5 - Infant Accidents
- Oct 12 - Autism
- Oct 19 - Discipline: Limits with Love
- Oct 26 - Safety Starts at Home

**VIRTUAL Parenting Class 1:00-2:00 pm**

- Oct 5 - Protect Yourself in Relationships
- Oct 12 - Emotional Intelligence for Parents
- Oct 19 - Sex and You
- Oct 26 - Healthy Boundaries

**Wednesday**

**VIRTUAL Bible Study 1:00-2:00 pm**

Topic of Forgiveness (Part 2 of 2)

- Oct 6 - Study with Miss Jacqueline and Miss Lindsay
- Oct 13 - Study with Miss Jacqueline and Miss Lindsay
- Oct 20 - Study with Miss Jacqueline and Miss Lindsay
- Oct 27 - Study with Miss Jacqueline and Miss Lindsay

**Thursday**

**VIRTUAL Pregnancy Class 9:30-10:30 am**

- Oct 7 - The Emotions of Pregnancy
- Oct 14 - Eating for Two
- Oct 21 - At Risk Pregnancy
- Oct 28 - Bonding with Your Unborn

**IN PERSON Small Group Study - Live Free**

1:00-2:00pm (Led by Miss Sandy and Miss Lisa)

Weekly study and discussion. We welcome all women.

**Due to rising Covid numbers, please call ahead for a seat, wear a mask and come by yourself. Once we have childcare available, we will let you know.**

**Friday**

**VIRTUAL Bible Study 11:00am-12:00 pm**

- Oct 1 - Study with Mr. Dominic
- Oct 8 - Study with Miss Marge and Miss Lisa
- Oct 15 - Study with Miss Marge and Miss Lisa
- Oct 22 - Study with Miss Marge and Miss Lisa
- Oct 29 - Study with Miss Marge and Miss Lisa



**All of our programs are free and confidential.  
Please call for an appointment.**

ALBANY October VIRTUAL and IN PERSON 2021 Class Schedule

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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.