

CENTERS: Albany, Schenectady, Cohoes, Amsterdam and Bennington

Phone: (518) 462-2188 - Main Web: alphacare.org E-mail: info@alphacare.org

| <u>Monday</u>   | <u>Wednesday</u>   |
|---|--|
| <p><b>VIRTUAL SPECIAL CLASS</b><br/>2:00-3:00pm<br/>Apr 1 - Safeguarding Your Child's Identity<br/>Apr 8 - Abuse, Addiction and Abandonment<br/>Apr 15 - Child Safety for New Parents<br/>Apr 22 - Fraud and Identity Prevention<br/>Apr 29 - Online Safety<br/><i>*Please call the center to pre-register and to receive link</i></p> <p><b>VIRTUAL Parenting Essentials Class</b><br/>6:00-7:00 pm<br/>Apr 1 - Child Anger<br/>Apr 8 - What is a Family?<br/>Apr 15 - Infant Accidents<br/>Apr 22 -Creating Confidence<br/>Apr 29 - ADHD</p>  | <p><b>VIRTUAL Nutrition Class</b> 11:00am-12:00pm<br/>Apr 3 - Components of a Healthy Diet<br/>Apr 10 - Grocery Shopping Strategies<br/>Apr 17 - USDA Nutrition Assistance Programs<br/>Apr 24- Stress Relief Strategies</p> <p><b>VIRTUAL Bible Class</b> 1:00-2:00pm</p> <p><b>VIRTUAL Baby on the Way!</b> 6:00-7:00 pm<br/>Apr 3 - Taking Care of Yourself After Birth<br/>Apr 10 - Prenatal Class<br/>Apr 17 - <b>NO CLASS</b><br/>Apr 24 - First Trimester</p> <p><b>VIRTUAL Pregnancy Loss Support Group</b><br/>Apr 17- <b>6:00 - 7:00pm ONLY</b><br/><i>*Please call the center to pre-register and to receive link</i></p>   |
| <u>Tuesday</u>  | <u>Thursday</u>  |
| <p><b>VIRTUAL Childbirth Prep</b> 10:00-11:00 am<br/><i>Class is for expecting parents, up to 6 weeks post birth.</i><br/>Apr 2 - Problems and Solutions<br/>Apr 9 - Taking Care of Yourself After Birth<br/>Apr 16 - Infant Hygiene<br/>Apr 23 -Prenatal /care<br/>Apr 30 -The Final Stretch</p> <p><b>VIRTUAL New Parents Class</b> 11:30am-12:30pm<br/><i>Class is for parents with a child from birth through two years old.</i><br/>Apr 2 - Baby on the Move<br/>Apr 9 - Preventing Child Sexual Abuse<br/>Apr 16 - Parenting Without Shame: Emotions<br/>Apr 23- Autism<br/>Apr 30 - Child Anger</p> <p><b>VIRTUAL Parenting Class</b> 1:00-2:00pm<br/>Apr 2 - Parenting Without Shame: Nurturing<br/>Apr 9 - Difference Between Meltdown and Tantrums<br/>Apr 16 - Parenting Without Shame: Boundaries<br/>Apr 23- Co-Parenting<br/>Apr 30 - Co-Parenting: Communication</p> <p><b>VIRTUAL Parenting Support Class</b> 6:00-7:00pm<br/>Apr 2 - Wake Up to Reality<br/>Apr 9 - Caution: Child Growing Here<br/>Apr 16 -Wednesday:Staying Connected<br/>Apr 23 -Check Your Attitude<br/>Apr 30 -The Amazing Race</p> | <p><b>VIRTUAL Pregnancy Class</b> 9:30-10:30am<br/>Apr 4 - Your Second Trimester<br/>Apr 11 - Breastfeeding: Getting Started<br/>Apr 18 - Emotions of Pregnancy<br/>Apr 25- Labor &amp; Delivery: Training Your Birth Coach</p> <p><b>VIRTUAL Bible Basics Class</b> 11:00am-12:00pm<br/><i>This is a class to explore the basics of Christianity. Are you seeking? Are you curious? All are welcome here.</i></p> <p><b>VIRTUAL Small Group Study - Live Free</b> (Women Only) 1:00-2:00pm</p> <p><b>VIRTUAL Faith Based Parenting</b> 3:00-4:00 pm<br/>Apr 4 - Grace in Relationships<br/>Apr 11 - Grace in Families<br/>Apr 18 - Grace in Parenting<br/>Apr 25- Grace in Single Parenting</p> <p><b>VIRTUALMENTE Clase de padres en Espanol</b><br/>6:00-7:00 pm<br/>Apr 4 - Tiempo de Dentición<br/>Apr 11 - Presentación especial del lbero<br/>Apr 18 - Expectatives Sobre el nino 3-6 meses<br/>Apr 25- Expectatives sobre el nino 9-12 meses</p> <p style="text-align: center;">If you or someone you know has been affected by an abortion experience, we now have a <b>Post Abortion Support Group</b>. Call or text for more information.</p> |

**Our program is free and confidential. Please call/text for an appointment.**

Our program allows families to earn diapers, clothing, baby furniture, baby gear and more.