



APRIL VIRTUAL 2024 Class Schedule

CENTERS: Albany, Schenectady, Cohoes, Amsterdam and Bennington
Phone: (518) 462-2188 - Main Web: alphacare.org E-mail: info@alphacare.org

Table with 2 columns: Monday and Wednesday. Monday column includes: VIRTUAL SPECIAL CLASS (2:00-3:00pm), VIRTUAL Parenting Essentials Class (6:00-7:00pm), VIRTUAL Childbirth Prep (10:00-11:00 am), VIRTUAL New Parents Class (11:30am-12:30pm), VIRTUAL Parenting Class (1:00-2:00pm), and VIRTUAL Parenting Support Class (6:00-7:00pm). Wednesday column includes: VIRTUAL Nutrition Class (11:00am-12:00pm), VIRTUAL Bible Class (1:00-2:00pm), VIRTUAL Baby on the Way! (6:00-7:00 pm), VIRTUAL Pregnancy Loss Support Group (6:00 - 7:00pm ONLY), VIRTUAL Pregnancy Class (9:30-10:30am), VIRTUAL Bible Basics Class (11:00am-12:00pm), VIRTUAL Small Group Study - Live Free (Women Only) (1:00-2:00pm), VIRTUAL Faith Based Parenting (3:00-4:00 pm), and VIRTUALMENTE Clase de padres en Espanol (6:00-7:00 pm). A footer note mentions a Post Abortion Support Group.

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

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.