

CENTERS: Albany, Schenectady, Cohoes, Amsterdam and Bennington

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<p style="text-align: center;"><u>Monday</u></p> <p>VIRTUAL Parenting Essentials Class 6:00-7:00 pm Aug 5- Screen Time and You Aug 12- Time with Toddler Aug 19- Silent Words Aug 26- Baby On The Move</p> <hr/> <p style="text-align: center;"><u>Tuesday</u></p> <p>VIRTUAL Childbirth Prep 10:00-11:00 am Class is for expecting parents, up to 6 weeks post birth. Aug 6- Taking Care of Yourself After Birth Aug 13- Infant Hygiene Aug 20- Prenatal Care Aug 27- Emotions of Pregnancy *You must complete specific classes for the layette program</p> <p>VIRTUAL New Parents Class 11:30am-12:30 pm Class is for parents with a child from birth through two years old. Aug 6- Mommy Nutrition Aug 13- Infant Nutrition Aug 20- Toddler Nutrition Aug 27- Getting Your Child to Eat</p> <p>VIRTUAL Parenting Class 1:00-2:00pm Aug 6- Properly Express Anger and Frustration Aug 13- Anger Management Aug 20- Encourage a Child to Express Themselves Aug 27- Child Anger</p> <p>VIRTUAL Parenting Support Class 6:00-7:00 pm No Classes in August. See you in September!</p> <hr/> <p style="text-align: center;"><u>Wednesday</u></p> <p>VIRTUAL Bible Class 1:00-2:00pm Come join our Summer Series: Who is Jesus? Let's learn and grow as we read the Word together. All are welcome.</p> <p>VIRTUAL Baby on the Way! 6:00-7:00 pm Aug 7- Feeding Your Baby the Bottle Aug 14- Taking Care of Yourself After Birth Aug 21- NO CLASS Aug 28- Simple Infant Care</p>	<p style="text-align: center;"><u>Wednesday cont.</u></p> <p>VIRTUAL Pregnancy Loss Support Group Aug 21 - 6:00 - 7:00pm ONLY *Please call the center to pre-register and to receive link</p> <hr/> <p style="text-align: center;"><u>Thursday</u></p> <p>VIRTUAL Pregnancy Class 9:30-10:30 am Aug 1- Pain Relief Interventions and Procedures Aug 8- Successful Breastfeeding Aug 15- Expecting Twins and More Aug 22- SIDS Aug 29- Third Trimester</p> <p>VIRTUAL Bible Basics Class 11:00am-12:00 pm This is a class to explore the basics of Christianity. Are you seeking? Are you curious? All are welcome here.</p> <p>VIRTUAL Faith Based Parenting 3:00-4:00 pm Aug 1- Prepare Your Heart to Parent Aug 8- Practical Tips to Parent Part 1 Aug 15- Practical Tips to Parent Part 2 Aug 22- The Two faces of Love- Discipline Part 1 Aug 29- The Two Faces of Love- Discipline Part 2</p> <p>VIRTUALMENTE Clase de padres en Espanol 6:00-7:00 pm Aug 1- Grupo de Apoyo Aug 8- Hoy no hay clase Aug 15- Grupo de Apoyo Aug 22- Grupo de Apoyo Aug 29- Grupo de Apoyo</p> <hr/> <p style="text-align: center;">If you or someone you know has been affected by an abortion experience, we now have a Post Abortion Support Group. Call or text for more information.</p> <p style="text-align: center;">Now that summer is here, please note that some of our classes are taking a break and center hours may adjust. Please call ahead and make an appointment to come in.</p>
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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.