



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

Monday

VIRTUAL Love and Respect Series 3:00-4:00pm
Pre-registration is required and you must attend all 10 classes for credit. (This series has already begun)

VIRTUAL Court-Mandated Parenting Class

6:00-7:00pm
Jun 6 - Quality Childcare (Safety)
Jun 13 - Healing From Abuse (Abuse/Neglect)
Jun 20 - Anger Management (Anger Mgmt)
Jun 27 - Tantrums (Discipline)

Tuesday

VIRTUAL Childbirth Prep 10:00-11:00am

Class is for expecting parents, up to 6 week post birth.
Jun 7 - Going it Alone
Jun 14 - Starting Right and a Good Latch
Jun 21 - Infant Hygiene
Jun 28 - Medical Intervention
*You must complete specific classes for the layette program

VIRTUAL New Moms and Dads Class

11:30am-12:30pm
Class is for parents with a child from birth through two years old.
Jun 7 - Infant Temperament
Jun 14 - Toddler Safety
Jun 21 - Infant Accidents
Jun 28 - Whining

VIRTUAL Parenting Class 1:00-2:00pm

Jun 7 - Respect for Mothers & Fathers
Jun 14 - Being a Father: Being a Role Model
Jun 21 - Being a Father: Being Consistent
Jun 28 - Being a Father: Being a Leader

VIRTUAL Parenting Support Class 6:00-7:00pm

Next series...Unraveled Roots: How are my choices affecting my life?
Jun 7 - Why am I Here?
Jun 14 - The Root of Abandonment
Jun 21 - The Root of Abuse
Jun 28 - The Root of Codependency

Wednesday

VIRTUAL Bible Class 1:00-2:00pm

Be encouraged in your walk with God
Weekly study with Miss Jacqueline and Miss Cindy

Thursday

VIRTUAL Pregnancy Class 9:30-10:30am

Jun 2 - SIDS: How to Prevent It
Jun 9 - Labor & Delivery: Natural Comfort Measures
Jun 16 - Bonding with Your Unborn Baby
Jun 23 - The Emotions of Pregnancy
Jun 30 - Eye Contact Means Love

VIRTUAL Bible Basics Class 11:00am-12:00pm

Have questions? This is the place for you.
Jun 2 - Study with Mr. Dominic
Jun 9 - The Faithful Fisherman
Jun 16 - The Servant Above the Served
Jun 23 - The Greatest Dying for the Least
Jun 30 - The Guilty in Heaven

VIRTUAL Small Group Study - Live Free

(Women Only) 1:00-2:00pm
Moms are invited to come to chat, to encourage one another and journey through Motherhood together.

VIRTUAL Faith Based Parenting 3:00-4:00 pm

Jun 2 - Resigned Dilemmas for Kids and Parents
Jun 9 - Obstacles to Building Character in our Children
Jun 16 - Restoring Your Legacy
Jun 23 - Parenting By Faith I
Jun 30 - Parenting By Faith II

Please call our Main Office to
sign up for our program.

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.