



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 3:00-4:00 pm
We are launching a 10 week course for clients in a serious relationship. Pre-registration is required and you must attend all 10 classes for credit. Starts May 2nd.

VIRTUAL Court-Mandated Parenting Class
6:00-7:00 pm
May 2 - Bonding With Your Toddler (Appropriate Play)
May 9 - Whining (Discipline)
May 16 - Depression and Suicide (Selfcare)
May 23- Standing Up to Technology (Emotional Dev)
May 30- **CENTER CLOSED**

Tuesday

VIRTUAL Childbirth Prep 10:00-11:00am
Class is for expecting parents, up to 6 week post birth.
May 3 - Starting Right and a Good Latch
May 10 - Baby Care Basics
May 17 - Labor and Delivery: Getting Ready
May 24 - Caring For Yourself After Birth
May 31- Prenatal Care
*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 two years old.
May 3 - Teething
May 10 - Childhood Immunizations
May 17 - Siblings
May 24- Infant Expectations
May 31 - Toddler Oral Health

VIRTUAL Parenting Class 1:00-2:00 pm
May 3 - Budgeting 101
May 10 - Fighting the Impulse to Spend
May 17 - The Monster of Debt
May 24- Credit Cards
May 31 - Credit Scores

VIRTUAL Parenting Support Class 6:00-7:00pm
This month we will be finishing the second part of Parenting Without Shame.

Wednesday

VIRTUAL Bible Class 1:00-2:00 pm
Be encouraged in your walk with God
May 4- Study with Miss Jacqueline and Miss Cindy
May 11 - Study with Miss Jacqueline and Miss Cindy
May 18 - Study with Miss Jacqueline and Miss Cindy
May 25 - Study with Miss Jacqueline and Miss Cindy

Thursday

VIRTUAL Pregnancy Class 9:30-10:30 am
May 5 - Medical Pain Relief and Intervention
May 12 - Planning for Birth
May 19 - Postpartum Depression
May 26 - Infant Expectations

VIRTUAL Bible Basics Class 11:00am-12:00 pm
Have questions? This is the place for you.
May 5 - Study with Mr. Dominic
May 12 - Upside Down Love: The Bible
May 19 - Upside Down Love: Grace and Commands
May 26 - Upside Down Love: The King Among the Cows

VIRTUAL Small Group Study - Live Free
(Women Only) 1:00-2:00pm
May 5 - Love Languages Part 1
May 12 - Love Languages Part 2
May 19 - Love Languages Part 3
May 26 - Love Languages Part 4

VIRTUAL Faith Based Parenting 3:00-4:00 pm
May 5 - Parenting On Purpose
May 12 - Building Faith and Integrity
May 19 - Building Poise and Discipline
May 26 - Building Endurance and Courage

Please call our main office to sign up for our services and classes!

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.