

CENTERS: Albany, Schenectady, Cohoes, Amsterdam and Bennington

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

### **VIRTUAL Pregnancy Classes**

Class is for expecting parents, up to 6 weeks post birth.  
\*You must complete specific classes for the layette program

#### **Tuesdays** 10:00-11:00 am

Sept 17 - Your Ultrasound Appointment  
Sept 24 - Drug Use During Pregnancy  
Oct 1 - Medical Interventions  
Oct 8 - Getting Started: Breastfeeding  
Oct 15 - Postpartum Depression  
Oct 22 - Simple Infant Care  
Oct 29 - Prenatal Care  
Nov 5 - Your 3rd Trimester  
Nov 12 - Unborn Baby's Secret World  
Nov 19 - Smoking and Alcohol During Pregnancy

#### **Wednesdays** 6:00-7:00 pm

Sept 18 - No Class (**Pregnancy Loss Support Group**)  
Sept 25 - Prenatal Care  
Oct 2 - Your Third Trimester  
Oct 9 - Simple Infant Care  
Oct 16 - Feeding Your Baby the Bottle  
Oct 23 - Drug Use During Pregnancy  
Oct 30 - Labor and Delivery: Getting Ready  
Nov 6 - Infant Hygiene  
Nov 13 - Breastfeeding: Problems and Solutions  
Nov 20 - What's Safe in Pregnancy?

#### **Thursdays** 9:30-10:30 am

Sept 19 - Training Your Birth Coach  
Sept 26 - Natural Comfort Measures  
Oct 3 - Preparing for a C-Section  
Oct 10 - Infant Temperament  
Oct 17 - Eating for Two  
Oct 24 - The Final Stretch  
Oct 31 - Labor Expectations  
Nov 7 - At Risk Pregnancies  
Nov 14 - Second Trimester  
Nov 21 - Infant Expectations

**Welcome to our Fall Session of virtual classes.** Each class is a 10 week session and then we take a 6 week break until the next session. Our next sessions are Winter (January 13th-March 21st) and Spring/Summer (May 12th-July 18th)

*remember you are...*





**VIRTUAL Parenting Classes**

**Mondays 6:00 - 7:00 pm**

- Sept 16 - Hurtful Words
- Sept 23 - Anger Management
- Sept 30 - Sleeping, Bedtimes and Mornings
- Oct 7 - Positive Parenting: Single Parenting
- Oct 14 - Fighting the Impulse to Spend
- Oct 21 - I Can Do it Myself
- Oct 28 - Child Anger
- Nov 4 - Child Abuse and Neglect
- Nov 11 - Toddler: Safety
- Nov 18 - Creating Confidence

**Tuesdays 11:30am-12:30 pm (birth - 2yo child)**

- Sept 17 - ADHD
- Sept 24 - Autism
- Oct 1 - Shaken Baby Syndrome
- Oct 8 - SIDS
- Oct 15 - Mommy Work
- Oct 22 - Immunizations
- Oct 29 - Newborn Sickness
- Nov 5 - Infant Accidents
- Nov 12 - Infant and Child CPR
- Nov 19 - Infant Nutrition

**Tuesdays 1:00-2:00pm**

- Sept 17 - Boundaries
- Sept 24 - Unhealthy Boundaries
- Oct 1 - Cohabitation
- Oct 8 - Making the Marriage Choice
- Oct 15 - Whining
- Oct 22 - Tantrums
- Oct 29 - Siblings
- Nov 5 - Bonding With Your Toddler
- Nov 12 - Time with Toddler
- Nov 19 - The Importance of Words

**VIRTUAL Christian Value Classes**

**Tuesdays 6:00-7:00 pm**

- Sept 17 - Success at Work
- Sept 24 - Your Relationship: Healthy, Unhealthy, Toxic
- Oct 1 - Understanding the Power and Control in Partnership
- Oct 8 - Recognizing the Cycle of Abuse
- Oct 15 - Warning Signs of Unhealthy People
- Oct 22 - Can An Abuser Change
- Oct 29 - Reclaiming Your Value and Experiencing Healthy Relationships
- Nov 5 - Strong-Willed Children
- Nov 12 - Co-Parenting
- Nov 19 - Creating Motivation

**Wednesday BIBLE STUDY 1:00-2:00 pm**

Goes from Sept 18 - Nov 20. All are welcome.  
**New Series...Renewing Your Mind.**

**Thursday BIBLE STUDY 11:00 am-12:00 pm**

Goes from Sept 19 - Nov 21. All are welcome.

**This is a class to explore the basics of Christianity. Are you seeking? Are you curious?**

**Thursdays 2:30-3:30 pm**

- Sept 19 - Don't Leave Your Children's Lives to Chance
- Sept 26 - Pray for Protection From Danger
- Oct 3 - Pray About Your Child's Relationships
- Oct 10 - Pray for Your Children to Become Who God Created Them to Be
- Oct 17 - Dare to Be Courageous
- Oct 24 - Why Kids Misbehave
- Oct 31 - Becoming the Parent that God Wants You to Be
- Nov 7 - The ABCs of Self Esteem
- Nov 14 - Turning Everyday Hassles into Everyday Successes
- Nov 21 - The 10 Best Gifts to Give Your Kids

