



FEBRUARY **VIRTUAL** 2024 Class Schedule

CENTERS: Albany, Schenectady, Cohoes, Amsterdam and Bennington

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

<p style="text-align: center;"><u>Monday</u></p> <p>VIRTUAL Parenting Essentials Class Court Mandated class curriculum included. 6:00-7:00 pm Feb 5 - Toddler Oral Health Feb 12 - Healing From Abuse Feb 19 - Creating Motivation Feb 26 - Anger Management</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. Feb 6 - Breastfeeding: Getting Started Feb 13 - Postpartum Depression Feb 20 - Simple Infant Care Feb 27 - Prenatal Care <i>*You must complete specific classes for the layette program</i></p> <p>VIRTUAL New Parents Class 11:30am-12:30pm Class is for parents with a child from birth through two years old. Feb 6 - Teaching Children About Love Feb 13 - The Importance of Bonding Feb 20 - Infant CPR Feb 27 - Bonding with Your Toddler</p> <p>VIRTUAL Parenting Class 1:00-2:00pm Feb 6 - How a Child's Relationship with a Mother and a Father is Different Feb 13 - Strategies for Increasing Love for Others Feb 20 - Communication and Discipline: Confident Parenting Feb 27 - Teaching Children About Love</p> <p>VIRTUAL Parenting Support Class 6:00-7:00pm <i>*This month we will be focused on Life Skills</i> Feb 6 - Taking Care of Hygiene Feb 13 - Screen Time and You Feb 20 - Depression and Suicide Feb 27 - Home Health</p> <hr/> <p style="text-align: center;"><u>Wednesday</u></p> <p>VIRTUAL Nutrition Class 11:00am-12:00pm Feb 7 - Improving Health Through Lifestyle Choices Feb 14 - Nutrition in Infancy Feb 21 - Nutrition in Toddler Feb 28 - School Age Nutrition</p>	<p style="text-align: center;"><u>Wednesday cont.</u></p> <p>VIRTUAL Bible Class 1:00-2:00pm Come join us as we study the Women of the Bible.</p> <p>VIRTUAL Baby on the Way! 6:00-7:00 pm Feb 7 - Prenatal Care Feb 14 - At Risk Pregnancies Feb 21 - NO CLASS Feb 28 - Your Ultrasound Appointment</p> <p>VIRTUAL Pregnancy Loss Support Group Feb 21 - 6:00 - 7:00pm ONLY <i>*Please call the center to pre-register and to receive link</i></p> <hr/> <p style="text-align: center;"><u>Thursday</u></p> <p>VIRTUAL Pregnancy Class 9:30-10:30am Feb 1 - What's Safe In Pregnancy? Feb 8 - Bonding with Your Unborn Baby Feb 15 - Eye Contact Means Love Feb 22 - Taking Care of Yourself After Birth Feb 29 - Your Third Trimester</p> <p>VIRTUAL Bible Basics Class 11:00am-12:00pm This is a class to explore the basics of Christianity. Are you seeking? Are you curious? All are welcome here.</p> <p>VIRTUAL Small Group Study - Live Free (Women Only) 1:00-2:00pm Come and gather with us as we encourage each other as women and mothers. We will be finishing a Boundaries Study and starting Getting Unstuck.</p> <p>VIRTUAL Faith Based Parenting 3:00-4:00 pm Feb 1 - Discipling Your Kids Feb 8 - Each Child is Unique Feb 15 - Growing Your Child's Character Feb 22 - Confident Parenting Feb 29 - Raising Engaged Kids</p> <p>VIRTUALMENTE Clase de padres en Espanol 6:00-7:00 pm Feb 1 - Foro Abierto Feb 8 - Depresión Postparto Feb 15 - Clase en Persona Feb 22 - Contacto Visual Significa Amor Feb 29 - Síndrome del Bebé Sacudido</p>
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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.