

CENTERS: Albany, Schenectady, Cohoes, Amsterdam and Bennington

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<u>Monday</u>	<u>Wednesday cont.</u>
<p>VIRTUAL Parenting Essentials Class 6:00-7:00 pm Jul 1 - Home Health Jul 7 - Helping Children Process Change Jul 15 - Caution: Anger Ahead Jul 22 - Preventing Child Sexual Abuse Jul 29 - Getting Your Baby to Sleep</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. Jul 2 - Eating for Two Jul 9 - Unborn Baby's Secret World Jul 16 - Smoking and Alcohol During Pregnancy Jul 23 - Preparing for a C-Section Jul 30 - Getting Started *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. Jul 2 - Creating Confidence Jul 9 - Creating Courage Jul 16 - Creating Honesty Jul 23 - Creating Kindness Jul 30 - Creating Motivation</p> <p>VIRTUAL Parenting Class 1:00-2:00pm Jul 2 - All Things Summer Safety Jul 9 - What is Family? Jul 16 - Successful Family Living Jul 23 - Family Stability Inside Change Jul 30 - Helping Children Process Change</p> <p>VIRTUAL Parenting Support Class 6:00-7:00 pm Jul 2 - The Importance of Words Jul 9 - Words Matter: Hurtful Words Jul 16 - Words Matter: Silent Words Jul 23 - Words Matter: Magic Words Jul 30 - Words Matter: No Words</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 Jul 3 - Breastfeeding: Getting Started Jul 10 - First Trimester Jul 17 - NO CLASS Jul 24 - Medical Interventions Jul 31 - Training Your Birth Coach</p> <p>VIRTUAL Pregnancy Loss Support Group Jul 17 - 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 Jul 4 - CENTERS CLOSED Jul 11 - Infant Hygiene Jul 18 - Taking Care of Yourself After Birth Jul 25 - The Final Stretch</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 Jul 4 - CENTERS CLOSED Jul 11 - How Does Your Garden Grow? Jul 18 - Keep Safe Mine Eyes Jul 25 - The World Doesn't Revolve Around Me</p> <p>VIRTUALMENTE Clase de padres en Espanol 6:00-7:00 pm Jul 4 - CENTERS CLOSED Jul 11 - Prupo de Apoyo Para Padres Jul 18 - Prupo de Apoyo Para Padres Jul 25 - Prupo de Apoyo Para Padres</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>

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.