

<u>Monday</u>	<u>Wednesday cont.</u>
<p><b>VIRTUAL SPECIAL CLASS</b> 2:00-3:00pm Mar 4 - Physical Therapy and Pregnancy <i>*Please call the center to pre-register and to receive link</i></p> <p><b>VIRTUAL Parenting Essentials Class</b> 6:00-7:00 pm Mar 4 - Tantrums Mar 11 - Infant and Child CPR Mar 18 - Depression and Suicide Mar 25 - Successful Family Living</p> <hr/> <p><u>Tuesday</u></p> <p><b>VIRTUAL Childbirth Prep</b> 10:00-11:00 am <i>Class is for expecting parents, up to 6 weeks post birth.</i> Mar 5 - Your 3rd Trimester Mar 12 - Unborn Baby's Secret World Mar 19 - Smoking and Alcohol During Pregnancy Mar 26 - Labor and Delivery: Getting Ready <i>*You must complete 8 specific classes for the layette program</i></p> <p><b>VIRTUAL New Parents Class</b> 11:30am-12:30 pm <i>Class is for parents with a child from birth through two years old.</i> Mar 5 - Parenting without Shame: Respect Mar 12 - Ten Ways Parents Trigger Anger in Kids Mar 19 - Parenting without Shame: Emotions Mar 26 - Correcting Children: Wrong Way vs Right Way</p> <p><b>VIRTUAL Parenting Class</b> 1:00-2:00pm Mar 5 - Parenting Without Shame Series Part 1 Mar 12 - Parenting Without Shame Series Part 2 Mar 19 - Parenting Without Shame Series Part 3 Mar 26 - Parenting Without Shame Series Part 4</p> <p><b>VIRTUAL Parenting Support Class</b> 6:00-7:00 pm Mar 5 - Life Skills: Anger Management Mar 12 - Life Skills: Fighting the Impulse to Spend Mar 19 - Life Skills: The Monster of Debt Mar 26 - Life Skills: Credit Cards, Friend or Foe?</p>	<p><b>VIRTUAL Bible Class</b> 1:00-2:00 pm <i>Come join us as we study the Women of the Bible.</i></p> <p><b>VIRTUAL Baby on the Way!</b> 6:00-7:00 pm Mar 6 - Drug Use During Pregnancy Mar 13 - Labor and Delivery: Comfort Measures Mar 20 - <b>NO CLASS</b> Mar 27 - Breastfeeding: Successful Breastfeeding</p> <p><b>VIRTUAL Pregnancy Loss Support Group</b> Mar 20 - <b>6:00- 7:00 pm ONLY</b> <i>*Please call the center to pre-register and to receive link</i></p> <hr/> <p><u>Thursday</u></p> <p><b>VIRTUAL Pregnancy Class</b> 9:30-10:30 am Mar 7 - Breastfeeding: Problems and Solutions Mar 14 - Your Body and Birth Mar 21 - Understanding Your Infant Mar 28 - Natural Comfort Measures</p> <p><b>VIRTUAL Bible Basics Class</b> 11:00am-12:00 pm <i>This is a class to explore the basics of Christianity. Are you seeking? Are you curious? All are welcome here.</i></p> <p><b>VIRTUAL Small Group Study - Live Free</b> (Women Only) 1:00-2:00 pm <i>Come and gather with us as we encourage each other as women and mothers. What can we help "Create" in our children?</i></p> <p><b>VIRTUAL Faith Based Parenting</b> 3:00-4:00 pm Mar 7 - Building Morals and Values In Your Kids Mar 14 - Bringing Honor and Security to Your Home Mar 21 - Parenting Struggles Mar 28 - Parenting Burnout</p> <p><b>VIRTUALMENTE Clase de padres en Espanol</b> 6:00-7:00 pm Mar 7 - Temperamento Infantil Mar 14 - SMS - Síndrome de la Muerte Súbita Infantil Mar 21 - Accidentes En Infantes Mar 28 - <b>NO CLASS - EASTER</b></p>
<p><u>Wednesday</u></p> <p><b>VIRTUAL Nutrition Class</b> 11:00am-12:00pm Mar 6 - USDA Nutrition Assistance Program Mar 13 - Teens and Adolescent Nutrition (13-17 years) Mar 20 - Meal Planning Mar 27 - Open Forum</p>	

**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.