

CENTERS: Albany, Schenectady, Cohoes, Amsterdam and Bennington

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<u>Monday</u>	<u>Wednesday cont.</u>
<p>VIRTUAL Parenting Essentials Class Court Mandated class curriculum included. 6:00-7:00 pm May 6 - Siblings May 13 - Getting Your Child to Eat May 20 - Domestic Violence May 27 - NO CLASS - Center closed</p> <hr/> <p>Tuesday</p> <p>VIRTUAL Childbirth Prep 10:00-11:00 am Class is for expecting parents, up to 6 weeks post birth. May 7 - Your Ultrasound Appointment May 14 - Drug Use During Pregnancy May 21 - Medical Interventions May 28 - Successful Breastfeeding *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. May 7 - Bad Behavior and Mental Illness May 14 - How to Teach Toddlers to Listen May 21 - Milestones - Meeting Their Needs May 28 - Are You Really OK? It's Ok Not to Be Ok</p> <p>VIRTUAL Parenting Class 1:00-2:00pm May 7 - Bad Behavior and Mental Illness May 14 - Courageous Conflict Part 1 May 21 - Courageous Conflict Part 2 May 28 - Your Mental Self-Care</p> <p>VIRTUAL Parenting Support Class 6:00-7:00 pm May 7 - Secrets For Enjoying the Journey May 14 - Putting First Things First May 21 - Healing Past - Look Future May 28 - Creating Harmony with Ex-Spouse</p>	<p>VIRTUAL Bible Class 1:00-2:00pm New Series!! Who is Jesus? Come learn with us.</p> <p>VIRTUAL Baby on the Way! 6:00-7:00 pm May 1 - Bonding with Your Unborn May 8 - What is Safe in Pregnancy May 15 - NO CLASS May 22 - Medical Pain Relief May 29 - Breastfeeding: Problems and Solutions</p> <p>VIRTUAL Pregnancy Loss Support Group May 15 - 6:00 - 7:00pm ONLY *Please call the center to pre-register and to receive link</p> <hr/> <p>Thursday</p> <p>VIRTUAL Pregnancy Class 9:30-10:30am May 2 - Your Second Trimester May 9 - Understanding Your Infant May 16 - Getting Ready For Your Baby - Nesting May 23 - Feeding Your Baby the Bottle May 30 - Postpartum Depression</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 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 are talking about Boundaries!</p> <p>VIRTUAL Faith Based Parenting 3:00-4:00 pm May 2 - Spiritual Health - Are You Really Ok? May 9 - Mental Health May 16 - Boundaries and Burnouts May 23 - Soul Care May 30 - Recognize the Patterns</p>
<p>Wednesday</p> <p>VIRTUAL Nutrition Class 11:00am-12:00pm May 1 - Postpartum Nutrition May 8 - Improving Health Through Lifestyle Choices May 15 - Nutrition in Toddlers (1-5 years) May 22 - Stress Relief Strategies May 29 - Meal Planning</p>	<p>VIRTUALMENTE Clase de padres en Espanol 6:00-7:00 pm May 2 - el Resumen May 9 - Expectativas Sobre El Niño 0-3 meses May 16 - Expectativas Sobre El Niño 3-6 meses May 23 - Expectativas Sobre El Niño 6-9 meses May 30 - Expectativas Sobre El Niño 9-12 meses</p> <hr/> <p>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>

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.