

CENTERS: Albany, Schenectady, Cohoes, Amsterdam and Bennington

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VIRTUAL Pregnancy Classes

Whether you just found out you are pregnant or your due date is right around the corner, join us for education, support, and encouragement as we journey through pregnancy together.

Class is for expecting parents only.

***You must complete specific classes for the layette program**

Tuesdays 10:00-11:00 am

May 13 - Prenatal Care
 May 20 - Emotions of Pregnancy
 May 27 - Your Ultrasound Appointment
 Jun 3 - Drug Use During Pregnancy
 Jun 10 - Natural Comfort Measures
 Jun 17 - Breastfeeding: Getting Started
 Jun 24 - Postpartum Depression
 Jul 1 - Simple Infant Care
 Jul 8 - First Trimester
 Jul 15 - Feeding Your Baby The Bottle

Wednesdays 6:00-7:00 pm

May 14 - Infant Hygiene
 May 21 - Taking Care of Yourself After Birth
 May 28 - Breastfeeding: Problems and Solutions
 Jun 4 - Feeding Your Baby The Bottle
 Jun 11 - Unborn Baby's Secret World
 Jun 18 - Prenatal Care
 Jun 25 - At Risk Pregnancies
 Jul 2 - Third Trimester
 Jul 9 - Labor and Delivery: Getting Ready
 Jul 16 - Smoking and Alcohol During Pregnancy

Thursdays 9:30-10:30 am

May 15 - Second Trimester
 May 22 - Feeding Your Baby The Bottle
 May 29 - Postpartum Depression
 Jun 5 - Successful Breastfeeding
 Jun 12 - Medical Interventions
 Jun 19 - What's Safe In Pregnancy
 Jun 26 - Your Ultrasound Appointment
 Jul 3 - Final Stretch
 Jul 10 - Infant Expectations
 Jul 17 - Prenatal Care

Welcome to our new virtual classes session.
 Each class is a 10-week session then we take a short break until the next session. Our next session is Fall (Sept 15-Nov 17).

remember you are...



Our program is free and confidential. Please call/text for an appointment.

VIRTUAL Parenting Classes

Mondays 6:00 - 7:00 pm (The Toddler Years)

- May 12 - Toddler Nutrition
- May 19 - Toddler Oral Health
- May 26 - NO CLASS/CENTER CLOSED
- Jun 2 - Getting Your Child To Eat
- Jun 9 - ADD/ADHD
- Jun 16 - Autism
- Jun 23 - Strong Willed Children
- Jun 30 - Child Anger
- Jul 7 - Sexual Behavior and Children
- Jul 14 - Co-Parenting

Tuesdays 11:30am-12:30 pm (New Baby & The First Year)

- May 13 - Going it Alone
- May 20 - Eye Contact Means Love
- May 27 - Understanding Your Infant
- Jun 3 - The Importance of Bonding
- Jun 10 - Mommy Work
- Jun 17 - Carseat Safety
- Jun 24 - Shaken Baby Syndrome
- Jul 2 - SIDS
- Jul 8 - Infant and Child CPR
- Jul 15 - Quality Child Care

Tuesdays 1:00-2:00pm (Parenting Life Skills)

- May 13 - Staying out of Debt
- May 20 - Credit Scores
- May 27 - The Art of Understanding Conflict
- Jun 3 - Mastering Courageous Conflict
- Jun 10 - Understanding Compassion Fatigue and Burnout
- Jun 17 - Caring for Yourself While You Care for Others
- Jun 24 - Relationship Loss
- Jul 2 - Sex and You
- Jul 8 - STD/STI Avoidance
- Jul 15 - Helping Children Process Change

VIRTUAL Christian Value Classes

Tuesdays 6:00-7:00 pm (Biblical Parenting, Biblical Living)

- May 13 - Toilet training, Buttons and Zips
- May 20 - Staying in the Present Moment
- May 27 - Day 1 of Starting School
- Jun 3 - Open Forum
- Jun 10 - Becoming a Confident Parent
- Jun 17 - Communication and Discipline
- Jun 24 - Bringing Morals and Values
- Jul 2 - Building Morals and Values
- Jul 8 - Bringing Honor and Security to Your Home
- Jul 15 - Open Forum

Wednesdays BIBLE STUDY 1:00-2:00 pm

May 14 - Jul 16. All are welcome.

Thursdays BIBLE STUDY 11:00 am-12:00 pm

May 15 - Jul 17. All are welcome.

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

Thursdays 1:00-2:00 pm (Your Life, God's Design)

- May 15 - Parenting: The Early Years - Session 1
- May 22 - Session 2
- May 29 - Session 3
- Jun 5 - Session 4
- Jun 12 - Session 5
- Jun 19 - NO CLASS/CENTER CLOSED
- Jun 26 - Know How to Take Charge of Your Home
- Jul 3 - Know How to Become a Student of Your Child
- Jul 10 - Know How to Discipline Your Child
- Jul 17 - NO CLASS

