



CENTERS: Albany, Schenectady, Cohoes and Amsterdam
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<u>Monday</u>	<u>Wednesday</u>
<p>VIRTUAL Love and Respect Series 3:00-4:00pm Pre-registration is required and you must attend all 10 classes for credit.</p> <p>VIRTUAL Court-Mandated Parenting Class 6:00-7:00 pm Jul 4 - CENTER CLOSED: NO CLASS Jul 11 - Creating Motivation (Em. Dvmt) Jul 18 - Infant/Child CPR (Safety) Jul 25 - Child Abuse & Neglect (Abuse)</p> <hr/> <p style="text-align: center;"><u>Tuesday</u></p> <p>VIRTUAL Childbirth Prep 10:00-11:00am Class is for expecting parents, up to 6 week post birth. Jul 5 - Postpartum Jul 12 - Emotions of Pregnancy (Prenatal) Jul 19 - Goals & Benefits of Breastfeeding Jul 26 - Simple Infant Care (Baby Care Basics) *You must complete specific classes for the layette program</p> <p>VIRTUAL New Moms and Dads Class 11:30am-12:30pm Class is for parents with a child from birth through two years old. Jul 5 - Feeding Your Baby the Bottle Jul 12 - Teething Time Jul 19 - Toddler Milestones: 12-15 Months Jul 26 - Tantrums</p> <p>VIRTUAL Parenting Class 1:00-2:00pm Jul 5 - Anger Management Jul 12 - Co-Parent Communications Jul 19 - Child Anger Jul 26 - Stable Parents Means Stable Homes</p> <p>VIRTUAL Parenting Support Class 6:00-7:00pm Next series...Unraveled Roots: How are my choices affecting my life? Jul 5 - The Root of Codependency Jul 12 - Where do I Grow Now Jul 19 - TBD Jul 26 - TBD</p>	<p>VIRTUAL Bible Class 1:00-2:00pm Gather with us as we learn how to Put Your Faith Into Action Weekly study with Miss Jacqueline and Miss Cindy</p> <hr/> <p style="text-align: center;"><u>Thursday</u></p> <p>VIRTUAL Pregnancy Class 9:30-10:30am Jul 7 - Your Third Trimester Jul 14 - PreNatal Care Jul 21 - Preparing for a C-Section Jul 28 - Infant Hygiene</p> <p>VIRTUAL Bible Basics Class 11:00am-12:00pm Have questions? This is the place for you. Jul 7 - Class With Mr. Dominic Jul 14 - How the Story Starts Jul 21 - A True Story Jul 28 - The Story of the World</p> <p>VIRTUAL Faith Based Parenting 3:00-4:00 pm Jul 7 - The Goal of Parenting Jul 14 - Forming Character Jul 21 - Applying Discipline Jul 28 - Building Relationships</p> <hr/> <p style="text-align: center; color: magenta; font-size: 1.2em;">Please call our Main Office to sign up for our program.</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.