



CENTERS: Albany, Schenectady, Cohoes, Amsterdam and Bennington
 Phone: (518) 462-2188 - Main
 Web: www.alphacare.org
 E-mail: info@alphacare.org

Monday

VIRTUAL Court-Mandated Parenting Class

6:00-7:00 pm

- Jan 2 - Quality Childcare (OFFICE CLOSED, class running)
- Jan 9 - Healing from Abuse
- Jan 16 - Anger Management
- Jan 23 - Tantrums
- Jan 30 - Creating Motivation

Tuesday

VIRTUAL Childbirth Prep 10:00-11:00am

Class is for expecting parents, up to 6 week post birth

- Jan 3 - Emotions of Pregnancy
- Jan 10 - Breastfeeding - Getting Started
- Jan 17 - Simple Infant Care
- Jan 24 - Natural Comfort Measures
- Jan 31 - Postpartum Depression
- *You must complete specific classes for the layette program

VIRTUAL New Moms and Dads Class

11:30am-12:30pm

Class is for parents with a child from birth through two years old.

- Jan 3 - Quality Childcare
- Jan 10 - Milestones 12-15 months
- Jan 17 - Dunstan Baby Language
- Jan 24 - Toddler Oral Health
- Jan 31 - Getting Your Child to Eat

VIRTUAL Parenting Class 1:00-2:00pm

- Jan 3 - Check Your Attitude at the Door
- Jan 10 - Self-Esteem
- Jan 17 - Secrets of Enjoying Life
- Jan 24 - Best Gifts To Give Your Child
- Jan 31 - How To Listen so Your Kids Will Talk

VIRTUAL Parenting Support Class 6:00-7:00pm

- Jan 3 - Improve Your Child's Self-Confidence
- Jan 10 - Caution: Anger Ahead
- Jan 17 - Birth Order
- Jan 24 - Standing Up To Technology
- Jan 31 - Co-Parenting

Wednesday

VIRTUAL Nutrition Class 11:00-12:00pm

- Jan 4 - Mommy Nutrition
- Jan 11 - Nutrition in Infancy
- Jan 18 - Components of a Healthy Diet
- Jan 25 - Feeding a Family on a Budget/Meal Planning

VIRTUAL Bible Study 1:00-2:00pm

Be encouraged in your walk with God...

New study starting...You Will Get Through This by Max Lucado...Join us!

Thursday

VIRTUAL Pregnancy Class 9:30-10:30am

- Jan 5 - Second Trimester
- Jan 12 - Training Your Birth Coach
- Jan 19 - Third Trimester
- Jan 26 - Taking Care of Yourself After Birth

VIRTUAL Bible Basics Class 11:00-12:00pm

- Jan 5 - Class with Mr. Dominic
- Jan 12 - Class with Miss Gail
- Jan 19 - Class with Miss Gail
- Jan 26 - Class with Miss Barbara

VIRTUAL Faith Based Parenting 3:00-4:00pm

- Jan 5 - The Secret to Great Parenting
- Jan 12 - The Patient Parent
- Jan 19 - The Goal of Disciple
- Jan 26 - What Love Requires of Parenting

**Not a client? Call to enroll!
 See a class you like? Call to register!
 Know someone who is pregnant or has
 children 5 and under? Introduce us!
 We look forward to partnering with you!**

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.