



CENTERS: Albany, Schenectady, Cohoes, Amsterdam and Bennington

Phone: (518) 462-2188 - Main

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<u>Monday</u>	<u>Wednesday</u>
<p>VIRTUAL Parenting Essentials Class 6:00-7:00pm Court mandated class curriculum included. Jun 5 - Helping Children Process Change Jun 12 - Mommy Nutrition Jun 19 - OFFICE CLOSED, No class Jun 26 - SIDS</p>	<p>VIRTUAL Nutrition Class 11:00am-12:00pm This class will resume in the Fall</p> <p>VIRTUAL Bible Class 1:00-2:00pm Be encouraged in your walk with God</p> <p>VIRTUAL Pregnancy Loss Support Group Jun 21 - 5:30-6:30pm ONLY Please call the Center for information</p> <p>COMING SOON Childbirth Prep Class Please call the Center for information</p>
<u>Tuesday</u>	<u>Thursday</u>
<p>VIRTUAL Childbirth Prep 10:00-11:00am Class is for expecting parents, up to 6 week post birth. Jun 6 - Taking Care of Yourself After Birth Jun 13 - Smoking, Drinking, or Drugs During Pregnancy Jun 20 - Emotions of Pregnancy Jun 27 - Problems and Solutions *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. Jun 6 - How Screen Time Effects Bodies and Brains Jun 13 - Screen Time and You Jun 20 - Summer Safety Tips for Babies & Toddlers Jun 27 - How to Calm Down When Feeling Stressed</p> <p>VIRTUAL Parenting Class 1:00-2:00pm Jun 6 - Words Matter - Hurtful Words Jun 13 - Quality Childcare Jun 20 - Learning to Discipline with Love and Limits Jun 27 - Helping Children Thrive in a Single Parent Home</p> <p>VIRTUAL Parenting Support Class 6:00-7:00pm Jun 6 - Healing From Abuse Jun 13 - Single Parenting: Putting First Things First Jun 20 - Single Parenting: Healing Past - Look to Future Jun 27 - Single Parenting: Creating Harmony with Ex-Spouse</p>	<p>VIRTUAL Pregnancy Class 9:30-10:30am Jun 1 - Labor and Delivery Jun 8 - Fatherhood Adventure: Taking Care Pregnancy Jun 15 - Fatherhood Adventure: Baby Care Basics Jun 22 - Fatherhood Adventure: Taking Care Birth Jun 29 - Fatherhood Adventure: Taking Care Postpartum</p> <p>VIRTUAL Bible Basics Class 11:00am-12:00pm 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 Moms are invited to come to chat, to encourage one another and journey through Motherhood together.</p> <p>VIRTUAL Faith Based Parenting 3:00-4:00 pm Jun 1 - Being a Father: Being Consistent Jun 8 - A Vision for Biblical Motherhood Jun 15 - The Power of a Father's Words Jun 22 - A Vision for Biblical Fatherhood Jun 29 - Habits of a Godly Father</p> <p>VIRTUALMENTE Clase de padres en Espanol 6:00-7:00 pm Jun 1 - La Importancia De Las Palabras Jun 15 - Juego de Niños Pequeños</p>
<p>See a class you like? Call to register!</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.