

CENTERS: Albany, Schenectady, Cohoes, Amsterdam and Bennington
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<u>Monday</u>	<u>Wednesday</u>
<p>VIRTUAL Court-Mandated Parenting Class 6:00-7:00pm Mar 6 - Getting Your Child to Eat Mar 13 - ADHD Mar 20 - Siblings Mar 27 - Home Health</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 Mar 7 - Labor & Delivery: Getting Ready Mar 14 - Taking Care of Yourself After Birth Mar 21 - Your Ultrasound Appointment Mar 28 - At Risk Pregnancy *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. Mar 7 - Teething Time Mar 14 - ADHD Mar 21 - The Importance of Words Mar 28 - Creating Motivation</p> <p>VIRTUAL Parenting Class 1:00-2:00pm Mar 7 - How to Fix My Lack of Patience Mar 14 - Autism Mar 21 - Happy, Healthy, Confident Children Mar 28 - Co-Parenting</p> <p>VIRTUAL Parenting Support Class 6:00-7:00pm Mar 7 - Can An Abuser Change Mar 14 - Reclaiming Your Value and Experiencing Healthy Relationships Mar 21 - Upside Down Love - The Bible Mar 28 - Upside Down Love - Grace and Commands</p> <hr/> <p style="text-align: center;">Pregnancy Loss Support Group Mar 15, 2023 at 4PM (zoom) Please call the center for details.</p>	<p>VIRTUAL Nutrition Class 11:00-12:00pm Mar 1 - NO CLASS/ Center Opens at 1pm Mar 8 - Grocery Shopping/SNAP Benefits (Center Opens at 1pm) Mar 15 - Components of a Healthy Diet Mar 22 - Nutrition Through Pregnancy Mar 29 - Stress Relief Strategies</p> <p>VIRTUAL Bible Study 1:00-2:00pm Be encouraged in your walk with God</p> <hr/> <p style="text-align: center;"><u>Thursday</u></p> <p>VIRTUAL Pregnancy Class 9:30-10:30am Mar 2 - You are in Control Mar 9 - Your Body, Your Birth Mar 16 - Pain and Natural Birth Mar 23 - B.R.A.I.N and Decision Making Mar 30 - Medical Pain Relief</p> <p>VIRTUAL Bible Basics Class 11:00-12:00pm Mar 2 - Study with Mr. Dominic Mar 9 - Study with Miss Gail Mar 16 - Study with Miss Gail Mar 23 - Study with Miss Barb Mar 30 - Study with Miss Gail</p> <p>VIRTUAL Small Group Study - Live Free 1:00-2:00pm Moms are invited to come to chat, to encourage one another and journey through Motherhood together.</p> <p>We will be going through Never Alone by Jennie Allen, on friendship and the dangers of isolation, which can hold us captive and prevent us from living free.</p> <p>VIRTUAL Faith Based Parenting 3:00-4:00pm Mar 2 - Heart of Parenting Part 1 Mar 9 - Heart of Parenting Part 2 Mar 16 - Nurturing Your Child's Heart and Mind Mar 23 - When Your Child Misbehaves Mar 30 - Calming Your Fears</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.