

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 May 1 - Strong Willed Child May 8 - The Importance of Words May 15 - Toddler:Illness May 22 - Preventing Child Sexual Abuse May 29 - OFFICE CLOSED</p>	<p>VIRTUAL Nutrition Class 11:00-12:00pm May 3 - Meal Planning May 10 - School Age Nutrition (Age 6-12) May 17 - USDA Nutrition Assistance Programs May 24 - Teen and Adolescent Nutrition (13-19) May 31 - Mommy Nutrition</p>
<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. May 2 - Training Your Birth Coach May 9 - Prenatal Care May 16 - Getting Started May 23 - Infant Hygiene May 30 - Preparing for a C-Section *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. May 2 - Mommy Milestones May 9 - Childhood Immunizations May 16 - Child Anger May 23 - Whining May 30 - Sexual Behavior & Children</p> <p>VIRTUAL Parenting Class 1:00-2:00pm May 2 - The Emergence of Mental Health Issues May 9 - Getting Unstuck (Mental Health) May 16 - The Truth Shall Set You Free (Mental Health) May 23 - Boundaries (Mental Health) May 30 - Processing Pain (Mental Health)</p> <p>VIRTUAL Parenting Support Class 6:00-7:00pm May 2 - What is Family May 9 - Successful Family Living May 16 - Domestic Violence May 23 - Child Abuse and Neglect May 30 - Relationship Loss</p>	<p>VIRTUAL Bible Study 1:00-2:00pm Be encouraged in your walk with God</p> <p>VIRTUAL Pregnancy Loss Support Group May 17 - 5:30-6:30pm ONLY Please call the Center to register</p>
	<p style="text-align: center;"><u>Thursday</u></p> <p>VIRTUAL Pregnancy Class 9:30-10:30am May 4 - What's Safe in Pregnancy May 11 - Your Second Trimester May 18 - Getting Ready: Nesting May 25 - Infant Expectations</p> <p>VIRTUAL Bible Study 11:00am-12:00pm It is not what I have done but what God has done for me. Come explore what that means.</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>VIRTUAL Faith Based Parenting 3:00-4:00pm May 4 - Parenting The Early Years (Part 4) May 11 - Parenting The Early Years (Part 5) May 18 - Parenting The Early Years (Part 6) May 25 - Parenting in Chaos</p> <p>VIRTUALMENTE Clase de padres en Espanol 6:00-7:00 pm May 4- Berrinches (Tantrums) May 11-Hoy no hay clase (No Class) May 18- Llanto (Crying) May 25- Hoy no hay clase (No Class)</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.