Alpha Pregnancy care center

Trimester Session VIRTUAL 2026

CENTERS: Albany, Schenectady, Cohoes, and Bennington
Text/Call: (518) 462-2188- Main Web: alphacare.org E-mail: Client Services Director lisa@alphacare.org

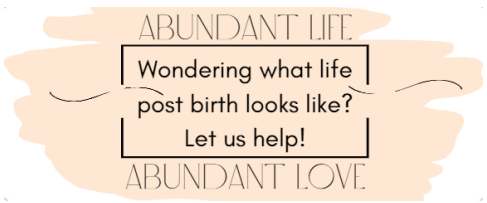
Pregnancy Classes

Every new life is a gift, and every parent deserves support along the way. Our pregnancy classes provide a safe and nurturing space where you can learn, grow, and prepare for the journey ahead. Through shared experiences, encouragement, and guidance rooted in hope and faith, you'll gain the knowledge and confidence to embrace the beautiful path of parenthood surrounded by a caring community. Class is for expecting parents only.

*You must complete specific classes for the layette program

Tuesdays 10:00-11:00 am
Sept 1 - Training Your Birth Coach
Sept 8 - Breastfeeding:Problems and Solutions
Sept 15 - Taking Care of Her During Pregnancy
Sept 22 - Prenatal Care
Sept 29 - Your Ultrasound Appointment
Oct 6 - What is Safe in Pregnancy
Oct 13 - Your First Trimester
Oct 20 - Preparing for a C-Section
Oct 27 - Labor & Delivery: Medical Pain Relief
Nov 3 - Feeding Your Baby the Bottle
Nov 10 - Infant Hygiene
Nov 17 - Your Second Trimester
Nov 24 - Postpartum Depression

Wednesdays 6:00-7:00 pm
Sept 2 - Navigating Nutrition
Sept 9 - At Risk Pregnancy
Sept 16 - Breastfeeding: Successful Breastfeeding
Sept 23 - Drug Use During Pregnancy
Sept 30 - Labor and Delivery: Natural Comfort Measures
Oct 7 - Expecting Twins or More
Oct 14 - Postpartum Depression
Oct 21 - Simple Infant Care
Oct 28 - Your Ultrasound Appointment
Nov 4 - Prenatal Care
Nov 11 - Office Closed
Nov 18 - Smoking and Alcohol During Pregnancy
Nov 25 - No Class



Welcome to our Fall Session of virtual classes. We partner with moms and dads and through education, community, support and prayer. Each class is a 3 month session, 3 times a year. This session will be September through November. Our session will then resume in January 2027

Our program is free and confidential. Please call/text for an appointment.

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Christian Parenting Classes

*This class will be moving to daytime hours in January

Mondays 6:00 - 7:00 pm (The Toddler Years)
Sept 7 - Office Closed
Sept 14 - Bonding With Your Toddler
Sept 21 - TIme With Toddler
Sept 28 - Toddler Play
Oct 5 - Siblings
Oct 12 - Office Closed
Oct 19 - 12-15 Month Milestones
Oct 26 - 15-18 Month Milestones
Nov 2 - 18-24 Month Milestones
Nov 9 - 24-36 Month Milestones
Nov 16 -Potty Training
Nov 23 - ADHD
Nov 30 - Sleeping, Bedtimes and Mornings

Tuesdays 11:30am-12:30 pm (New Baby & The First Year)
Sept 1 - Baby Care Basics for Dads
Sept 8 - Crying
Sept 15 - SIDS
Sept 22 - Newborn Sickness
Sept 29 - Navigating Motherhood:Growing in Confidence
Oct 6 - Infant CPR
Oct 13 - Infant Nutrition
Oct 20 - Baby on the Move
Oct 27 - Getting Your Baby to Sleep
Nov 3 - Taking Care of Them Postpartum
Nov 10 - Shaken Baby Syndrome
Nov 17 - Infant Hygiene
Nov 24 - Navigating Motherhood: Embracing Change

Tuesdays 1:00-2:00pm (Parenting Life Skills)
Sept 1 - What is Family?
Sept 8 - Successful Family Living
Sept 15 - Finding a Job
Sept 22 - The Art of Understanding Conflict
Sept 29 - Mastering Courageous Communication
Oct 6 - Fighting the Impulse to Spend
Oct 13 - Boundaries
Oct 20 - Unhealthy Boundaries
Oct 27 - Single Parenting
Nov 3 - Co-Parenting
Nov 10 - Being Consistent
Nov 17 - Loving Discipline
Nov 24 - Practical Discipline

Tuesdays 6:00 - 7:00 pm (Biblical Parenting)
Sept 1 - No class
Sept 8 - No class
Sept 15 - No class
Sept 22 - Mom Core - Purpose
Sept 29 - Mom Core - Boundaries
Oct 6 - Mom Core - Time Management
Oct 13 - Mom Core - Become a Student of Your Child
Oct 20 - Mom Core - Discipline
Oct 27 - Mom Core - Contentment
Nov 3 - Intentional Motherhood Part 1
Nov 10 - Intentional Motherhood Part 2
Nov 17 - Intentional Motherhood Part 3
Nov 24 - Intentional Motherhood Part 4

Support Groups

Your spiritual journey doesn't have to be walked alone. Whether you're curious about faith or growing closer to God, join us to explore Scripture, ask questions, and connect with a supportive community that inspires hope, purpose, and growth.

Wednesday 1:00-2:00 pm (Reflections of God)
Sept 2 - Created with Intention
Sept 9 - Redeemed and Adopted
Sept 16 - A New Creation
Sept 23 - Chosen and Holy
Sept 30 - Love Unconditionally
Oct 7 - Citizens of Heaven
Oct 14 - Masterpiece for Ministry
Oct 21 - Ambassadors for Christ
Oct 28 - Called to Fruitfulness
Nov 4 - Stewards of Grace
Nov 11 - Overcoming in Purpose
Nov 18 - Living with Eternal Vision
Nov 25 - No Class

Thursdays 11:30 am - 12:30 pm (Healing with God)
Sept 3 - Expectations Part 1
Sept 10 - Expectations Part 2
Sept 17 - Strengths and Weaknesses Part 1
Sept 24 - Strengths and Weaknesses Part 2
Oct 1 - Innate Needs Part 1
Oct 8 -Innate Needs Part 2
Oct 15 - Signals Part 1
Oct 22 - Signals Part 2
Oct 29 - Your Temperament Part 1
Nov 5 - Your Temperament Part 2
Nov 12 - When Temperaments Collide Part 1
Nov 19 - When Temperaments Collide Part 2
Nov 26 - Office Closed

Thursdays 1:00 pm - 2:00 pm (Hope for the Journey)
Sept 3 - Post Abortion Healing
Sept 10 - Relationship Loss
Sept 17 - Pregnancy and Infant Loss
Sept 24 - Healing From Abuse
Oct 1 - Preventing Child Sexual Abuse
Oct 8 - Child Abuse: Navigating Discipline
Oct 15 - Child Abuse: Breaking the Silence
Oct 22 - Boundaries
Oct 29 - Intimate Partner Violence: Recognizing and Responding
Nov 5 - Intimate Partner Violence: Reclaiming Your Identity
Nov 12 - STD/STI Avoidance
Nov 19 - Dangers of Porn
Nov 26 - Office Closed

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