

CENTERS: Albany, Schenectady, Cohoes, and Bennington

Text/Call: (518) 462-2188- Main

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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.

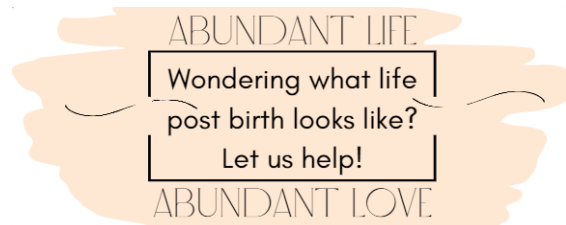
**You must complete specific classes for the layette program*

Tuesdays 10:00-11:00 am

May 5 - Postpartum Depression
 May 12 - Simple Infant Care
 May 19 - The Final Stretch
 May 26 - Drug Use During Pregnancy
 Jun 2 - Your Unborn Baby's World
 Jun 9 - Prenatal Care
 Jun 16 - Emotions of Pregnancy
 Jun 23 - Labor and Delivery: Medical Pain Relief
 Jun 30 - Taking Care of Her Postpartum
 Jul 7 - Preparing for a C-Section
 Jul 14 - Breastfeeding: Getting Started
 Jul 21 - Taking Care of Yourself After Childbirth
 Jul 28 - You Third Trimester

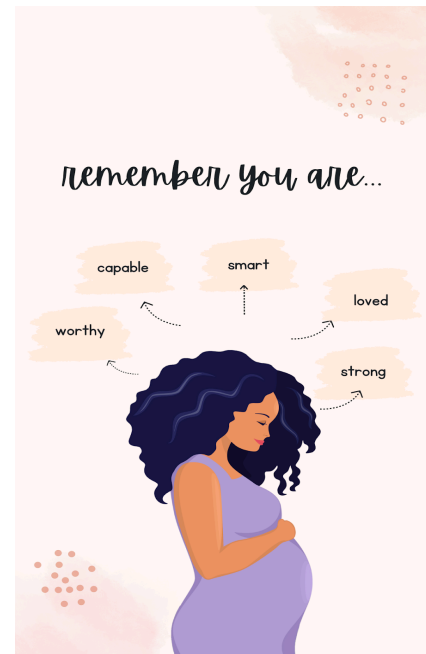
Wednesdays 6:00-7:00 pm

May 6 - Breastfeeding: Successful Breastfeeding
 May 13 - Prenatal Care
 May 20 - Your Ultrasound Appointment
 May 27 - Preparing for a C-Section
 Jun 3 - Second Trimester
 Jun 10 - Labor and Delivery: Comfort Measures
 Jun 17 - Taking Care of Yourself After Birth
 Jun 24 - Infant Hygiene
 Jul 1 - Premature Birth
 Jul 8 - At Risk Pregnancy
 Jul 15 - What's Safe During Pregnancy
 Jul 22 - Simple Infant Care
 Jul 29 - Postpartum Depression



Welcome to our Spring/Summer Session of virtual classes. Each class is a 3 month session, 3 times a year. This session will be from May through July. We will have a break in August. Our session will then resume in September.

We partner with both women and men, offering education, encouragement, and practical support to help them grow into the parents God created them to be. We hope you call today.



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

Christian Parenting Classes

Mondays 6:00 - 7:00 pm (The Toddler Years)

- May 4 - Awakening the Eight Smarts
- May 11 - Child Anger
- May 18 - Reawakening the Smarts in Children
- May 25 - NO CLASS/CENTERS CLOSED
- Jun 1 - Growing Maturity in Children
- Jun 8 - Strong Willed Children
- Jun 15 - Giving Children a Vision for Life
- Jun 22 - Sexual Behavior in Children
- Jun 29 - Guiding Children Towards Maturity
- Jul 6 - Tantrums
- Jul 13 - Teaching Children How to Think
- Jul 20 - Whining
- Jul 27 - Framing Thinking to Success

Tuesdays 11:30am-12:30 pm (New Baby & The First Year)

- May 5 - Infant CPR
- May 12 - Baby on the Move
- May 19 - Getting Your Baby to Sleep
- May 26 - Crying
- Jun 2 - Quality Child Care
- Jun 9 - Understanding Your Infant
- Jun 16 - 0-3 Month Milestones
- Jun 23 - 3-6 Month Milestones
- Jun 30 - 6-9 Month Milestones
- Jul 7 - 9-12 Month Milestones
- Jul 14 - Teething Time
- Jul 21 - Premature Infant Milestones
- Jul 28 - Navigating the NICU

Tuesdays 1:00-2:00pm (Parenting Life Skills)

- May 5 - Critical Issues - Single Mother
- May 12 - Abuse
- May 19 - Addiction
- May 26 - Abandonment
- Jun 2 - Dating and Remarriage
- Jun 9 - Taking Care of Your Hygiene
- Jun 16 - Screen Time and You
- Jun 23 - Depression and Suicide
- Jun 30 - Home Health
- Jul 7 - Anger Management
- Jul 14 - Helping Children Process Change
- Jul 21 - Family Stability Inside Change
- Jul 28 - Getting Established in a New Area



Continued

Tuesdays 6:00 - 7:00 pm (Biblical Parenting)

- May 5 - Is There a Parent in the House? Part 1
- May 12 - Is There a Parent in the House? Part 2
- May 19 - What's a Parent to Do? Part 1
- May 26 - What's a Parent to Do? Part 2
- Jun 2 - Open Forum
- Jun 9 - What's a Child to Do? Part 1
- Jun 16 - What's a Child to Do? Part 2
- Jun 23 - Is Technology Helping or Hurting? Part 1
- Jun 30 - Is Technology Helping or Hurting? Part 2
- Jul 7 - Open Forum
- Jul 14 - Is There Hope for Single Parents? Part 1
- Jul 21 - Is There Hope for Single Parents? Part 2
- Jul 28 - Open Forum

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)

- May 6 - God Creates and Rules
- May 13 - Humanities Fall and Sin
- May 20 - Redemption and Mercy
- May 27 - Faith and Obedience
- Jun 3 - God's Presence and Provision
- Jun 10 - Love and Service
- Jun 17 - Hope and Restoration
- Jun 24 - God the Father
- Jul 1 - God the Son
- Jul 8 - God the Spirit
- Jul 15 - Identity in Christ
- Jul 22 - Forgiveness and Grace
- Jul 29 - Prayer and Relationship

Thursdays 11:30 am - 12:30 pm (Healing with God)

- May 7 - Take Every Thought Captive: Conformed and Transformed
- May 14 - TETC: Pattern of Distraction
- May 21 - TETC: Pattern of Offense
- May 28 - TETC: Say it Out Loud
- Jun 4 - TETC: Win the Morning
- Jun 11 - Lyrics of Life: If God Had a Playlist
- Jun 18 - Lyrics of Life: Walk This Way
- Jun 25 - Lyrics of Life: Frantic isn't a Spiritual Fruit
- Jul 2 - NO CLASS
- Jul 9 - Lyrics of Life: Merciful God
- Jul 16 - Lyrics of Life: When Scars Become Beauty Marks
- Jul 23 - Lyrics of Life: The Rebar of Redemption
- Jul 30 - Lyrics of Life: Absolutely Seen and Always Secure