

## AMSTERDAM JANUARY 2022 Class Schedule



Mon-Thu: 9:00 am-4:00 pm

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**In-person classes offered Mondays and Thursdays (in addition to virtual) - contact us to join!**

### Monday

#### **CHILDBIRTH PREP 11:30 am-12:30 pm**

Class is for expecting parents, up to 6 week post birth

**\*\*In-Person\*\***

#### **PARENTING CLASS 1:00-2:00 pm**

**\*\*In-Person\*\***

#### **MANDATED PARENTING CLASS 6:00-7:00 pm**

January 3 - Creating Kindness

January 10 - Toddler Nutrition

January 17 - Toddler Play

January 24 - Crying

January 31 - Sex and You

### Tuesday

#### **CHILDBIRTH PREP 10:00-11:00 am**

Class is for expecting parents

January 4 - Postpartum Depression

January 11 - Third Trimester

January 18 - Stages of Labor

January 25 - Baby Care Basics

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

#### **NEW MOMS and DADS CLASS 11:30 am-12:30 pm**

Class is for parents with a child from birth through one year old.

January 4 - How to Raise Emotionally Healthy Children

January 11 - Quality Child Care

January 18 - First Year Milestones, Part 1

January 25 - First Year Milestones, Part 2

#### **PARENTING CLASS 1:00-2:00 pm**

January 4 - Strong-Willed Children

January 11 - Staying Connected to be Respected

January 18 - Depression and Suicide

January 25 - Consequences Without Cooperation

### Wednesday

#### **BIBLE STUDY 1:00-2:00 pm**

Be encouraged and learn more about God

Current Topic: TBA

### Thursday

#### **PREGNANCY CLASS 9:30-10:30 am**

Class is for expecting parents

January 6 - Your First Trimester

January 13 - Prenatal Care

January 20 - Preparing for C-Section

January 27 - Getting Ready for Baby

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

#### **NEW MOMS and DADS CLASS 1:00-2:00 pm**

**\*\*In-Person\*\***

#### **FAITH BASED PARENTING 3:00-4:00 pm**

January 6 - Hope for Single Parents, Part 2

January 13 - What Your Child Needs

January 20 - TBA

January 27 - TBA

### Friday

#### **BIBLE STUDY 11:00 am-12:00 pm**



**All of our programs are free and confidential.**

Please call for an **appointment.**

We offer: Free Pregnancy tests, Free Ultrasounds, Childbirth Classes, Parenting Classes, Bible Studies, and Men's Mentoring. Our program allows families to earn diapers, clothing, baby furniture, baby gear and more.