ALBANY February 2019 Parenting Class Schedule

Alpha Pregnancy care center

518 Clinton Ave., Albany NY 12206
Phone: (518) 462-2188, Fax: (518) 462-2895
E-mail: info@alphacare.org
Web: www.alphacare.org

HOURS:
Mon-Fri: 9:00 am-4:00 pm
Center Director: Tracy McCabe

Free Pregnancy Tests * Free Childbirth Classes * Free Parenting Classes

Monday

CHILDBIRTH PREP & BABY CARE 10:30-11:30 am
Feb 4 Breastfeeding
Feb 11 How to Stop Smoking During Pregnancy
Feb 18 No class
Feb 25 Pregnancy Milestone

BIBLE STUDY 12:00-1:00 pm
Inspirational movie with popcorn.

Tuesday

BIBLE STUDY 10:30 am-11:30 am *NEW TIME

PARENTING CLASS 12:00 pm-1:00 pm
Feb 5 Delaying Consequences
Feb 12 When Your Child Leaves You Speechless
Feb 19 Love and Logic
Feb 26 Potty Training

Wednesday

CROCHET GROUP 10:00-11:00 am

BIBLE STUDY 11:00-12:00 pm

CHILDBIRTH PREP & BABY CARE 12:30-1:30
Feb 6 Bonding with Your Unborn Baby
Feb 13 Taking Care of Yourself After Childbirth
Feb 20 Childhood Immunizations
Feb 27 Labor and Delivery

CHILDBIRTH PREP & BABY CARE for TEEN MOMS
3:30-4:30 pm * NEW CLASS This class is for teenage girls preparing to have a baby.

Thursday

COFFEE & SHOPPING 10:00-10:45 am *NEW TIME
Enjoy coffee and fellowship with our director.
Shopping is open in the Stork Room. (No credits given)

BIBLE STUDY 11:00 am-12:00 pm

ENGLISH AS A SECOND LANGUAGE 12:00-1:00 pm
For beginners. Learn the basics of English that can help in your personal life and in taking classes.

PARENTING CLASS 1:00-2:00 pm
Feb 7 Healthy Eating on a Budget
Feb 14 Is There a Parent in the House?: Part 1
Feb 21 Is There a Parent in the House?: Part 2
Feb 28 Single Motherhood

Friday

BIBLE STUDY 11:00 am-12:00 pm

MOMS GROUP 12:30-1:30 pm Join with other Moms for a special time of lunch, sharing and fun. Please sign up at the front office.
Feb 8 – Special Valentine's Day Moms Group – Home décor project and desserts. (No lunch)

In case of bad weather,
please call to see if we are open.
All of our programs are free and confidential.
We offer: free walk-in pregnancy tests,
childbirth classes, parenting classes, Bible studies,
Mom's groups and counseling.
Our program allows families to earn free diapers,
clothing, baby furniture, formula and more.

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