



CENTERS: Albany, Schenectady, Cohoes and Amsterdam  
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<u>Monday</u>	<u>Wednesday</u>
<p><b>VIRTUAL Love and Respect Series</b> 3:00-4:00pm            Pre-registration is required and you must attend all 10 classes for credit. (This series has already begun)</p> <p><b>VIRTUAL Court-Mandated Parenting Class</b>            6:00-7:00 pm            Aug 1 - Child Anger (Anger Mgmt)            Aug 8 - I Can Do it Myself (Em. Development)            Aug 15 - Toddler Nutrition            Aug 22 - Toddler Play (Appropriate Play)            Aug 29 - Strong Willed Child (Discipline)</p> <hr/> <p style="text-align: center;"><u>Tuesday</u></p> <p><b>VIRTUAL Childbirth Prep</b> 10:00-11:00am            Class is for expecting parents, up to 6 week post birth.            Aug 2 - Comfort Measures (CB Prep)            Aug 9 - Caring for Yourself After Birth (Postpartum)            Aug 16 - Your Unborn Baby's Secret World (Prenatal)            Aug 23 - Your Third Trimester (Prenatal)            Aug 30 - Position and First Weeks (Breast Feeding)            *You must complete specific classes for the layette program</p> <p><b>VIRTUAL New Moms and Dads Class</b>            11:30am-12:30pm            Class is for parents with a child from birth through two years old.            Aug 2 - Newborn Sickness            Aug 9 - Childhood Immunizations            Aug 16 - Crying            Aug 23 - Age Appropriate Play            Aug 30 - Ten Things Every Child Needs</p> <p><b>VIRTUAL Parenting Class</b> 1:00-2:00pm            Aug 2 - Lead Prevention &amp; Immunizations            Aug 9 - The Heart of the Matter            Aug 16 - Discipline Foundations            Aug 23 - Discipline Guidelines            Aug 30 - Situational Discipline</p> <p><b>VIRTUAL Parenting Support Class</b> 6:00-7:00pm            Next series...Restarts in September!</p>	<p><b>VIRTUAL Bible Class</b> 1:00-2:00pm            Be encouraged in your walk with God            Weekly study with Miss Jacqueline and Miss Cindy</p> <hr/> <p style="text-align: center;"><u>Thursday</u></p> <p><b>VIRTUAL Pregnancy Class</b> 9:30-10:30am            Aug 4 - Training a Birth Coach            Aug 11- Second Trimester            Aug 18 - At-Risk Pregnancy            Aug 25 - Postpartum Depression</p> <p><b>VIRTUAL Bible Basics Class</b> 11:00am-12:00pm            Have questions? This is the place for you.            Aug 4 - The Story of the Flesh            Aug 11- The Story of the Devil            Aug 18 - Truth and Emotions            Aug 25 - Forgiving from the Heart</p> <p><b>VIRTUAL Small Group Study - Live Free</b>            Next series...Restarts in September!</p> <p><b>VIRTUAL Faith Based Parenting</b> 3:00-4:00 pm            Aug 4 - Understanding Identity            Aug 11- Nurturing Identity            Aug 18 - Preparing for Mission            Aug 25 - The Power of Family</p> <hr/> <p style="text-align: center; color: magenta; font-size: 1.2em;"><b>Please call our Main Office to sign up for our program.</b></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.