



NOVEMBER **VIRTUAL** 2023 Class Schedule

CENTERS: Albany, Schenectady, Cohoes, Amsterdam and Bennington
 Phone: (518) 462-2188 - Main Web: alphacare.org
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<p style="text-align: center;"><u>Monday</u></p> <p>VIRTUAL Parenting Essentials Class Court Mandated class curriculum included. 6:00-7:00 pm Nov 6 - Domestic Violence Nov 13 - Anger Management Nov 20 - Strong Willed Child Nov 27 - The Importance of Words</p> <hr/> <p style="text-align: center;"><u>Tuesday</u></p> <p>VIRTUAL Childbirth Prep 10:00-11:00 am Class is for expecting parents, up to 6 weeks post birth. Nov 7 - Infant Hygiene Nov 14 - Preparing for a C-Section Nov 21 - Taking Care of Yourself After Birth Nov 28 - Smoking, Drinking, Drugs During Pregnancy *You must complete specific classes for the layette program</p> <p>VIRTUAL New Parents Class 11:30am-12:30pm Class is for parents with a child from birth through two years old. Nov 7 - Baby On The Move Nov 14 - Words Matter: Magic Words Nov 21 - What is Thanksgiving? Nov 28 - Sleeping, Bedtimes and Mornings</p> <p>VIRTUAL Parenting Class 1:00-2:00pm Nov 7 - Parenting in the Modern World Nov 14 - Words Matter: No Words Nov 21 - What is Thanksgiving? Nov 28 - Fighting the Impulse to Spend</p> <p>VIRTUAL Parenting Support Class 6:00-7:00pm Nov 7 - Holidays, Special Occasions and School Nov 14 - Critical Issues Nov 21 - Abuse, Addiction and Abandonment Nov 28 - Open Forum/Recap</p> <hr/> <p style="text-align: center;"><u>Wednesday</u></p> <p>VIRTUAL Nutrition Class 11:00am-12:00pm Nov 1 - Meal Planning Nov 8 - School Age Nutrition Nov 15 - USDA Nutrition Assistance Programs Nov 22 - Teen and Adolescent Nutrition Nov 28 - No Class</p>	<p style="text-align: center;"><u>Wednesday cont.</u></p> <p>VIRTUAL Bible Class 1:00-2:00pm Come join us as we study the Promises of God.</p> <p>VIRTUAL Baby on the Way! 6:00-7:00 pm Nov 1 - Feeding Your Baby: The Bottle Nov 8 - Feeding Your Baby: Successful Breastfeeding Nov 15 - NO CLASS (Pregnancy Loss Support Group ONLY) Nov 22 - Feeding Your Baby: Breastfeeding Problems and Solutions Nov 28 - Simple Infant Care</p> <p>VIRTUAL Pregnancy Loss Support Group (Pregnancy Loss, Stillbirth, Infant Loss) Nov 15 - 6:00 - 7:00pm ONLY *Please call the center to pre-register and to receive link</p> <hr/> <p style="text-align: center;"><u>Thursday</u></p> <p>VIRTUAL Pregnancy Class 9:30-10:30am Nov 2 - You Are In Control Nov 9 - Infant Temperament Nov 16 - Your Body and Birth Nov 23 - CENTERS CLOSED Nov 30 - Big Belly Mom Hacks</p> <p>VIRTUAL Bible Basics Class 11:00am-12:00pm This is a class to explore the basics of Christianity. Are you seeking? Are you curious? All are welcome here.</p> <p>VIRTUAL Small Group Study - Live Free (Women Only) 1:00-2:00pm Our small group will continue the study on BOUNDARIES</p> <p>VIRTUAL Faith Based Parenting 3:00-4:00 pm Nov 2 - Parenting By Faith Nov 9 - Lost Identity and Guilty Mother Syndrome Nov 16 - Sleep Deprivation Nov 23 - CENTERS CLOSED Nov 30 - When Patience Runs Out</p> <p>VIRTUALMENTE Clase de padres en Espanol 6:00-7:00 pm Nov 2 - Accidentes En Infantes Nov 9 - Previniendo el Abuso Sexual Infantil Nov 16 - Cómo Hacer Dormir al Bebé Nov 23 - CENTERS CLOSED Nov 30 - Los Movimientos del Bebé</p>
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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.