



CENTERS: Albany, Schenectady, Cohoes and Amsterdam
Phone: (518) 462-2188 - Main
Web: www.alphacare.org
E-mail: info@alphacare.org

Monday

VIRTUAL Love and Respect Series - Couples

Only 3:00-4:00pm

Pre-registration is required and you must attend all 10 classes for credit.

VIRTUAL Court-Mandated Parenting Class

6:00-7:00 pm

Nov 7 - Caution: Anger Ahead

Nov 14 - Depression and Suicide

Nov 21 - Toddler Oral Health

Nov 28 - Bonding with Your Toddler

Tuesday

VIRTUAL Childbirth Prep 10:00-11:00am

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

Nov 1 - Caring for Yourself After Birth

Nov 8 - Training Your Birthing Coach

Nov 15 - Prenatal Care

Nov 22 - Your Milk Supply and You

Nov 29 - Infant Hygiene

*You must complete specific classes for the layette program

VIRTUAL New Moms and Dads Class

11:30am-12:30 pm

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

Nov 1 - Information about SIDS

Nov 8 - Mommy Milestones

Nov 15 - Getting Your Child to Eat

Nov 22 - Being a Super Mom

Nov 29 - Infant and Child Expectations

VIRTUAL Parenting Class 1:00-2:00 pm

Nov 1 - Self-Governing and Parenting

Nov 8 - Autism

Nov 15 - Co-Parenting

Nov 22 - Raising Grateful Kids

Nov 29 - ADHD

VIRTUAL Parenting Support Class 6:00-7:00pm

Nov 1 - Creating Courage

Nov 8 - Creating Kindness

Nov 15 - Creating Confidence

Nov 22 - Creating Gratitude

Nov 29 - What's on Your Mind?

Wednesday

VIRTUAL Nutrition Class 11:00-12:00pm

Nov 2- Components of a Healthy Diet

Nov 9- Nutrition Throughout Pregnancy

Nov 16- Postpartum/ Mental Health Nutrition Support

Nov 23- Nutrition in Infancy

Nov 30- Nutrition for Toddlers

VIRTUAL Bible Study 1:00-2:00pm

Be encouraged in your walk with God

Thursday

VIRTUAL Pregnancy Class 9:30-10:30am

Nov 3 - What's Safe in Pregnancy?

Nov 10 - Labor and Delivery: Getting Ready

Nov 17 - Infant Temperament

Nov 24 - **OFFICE CLOSED**

VIRTUAL Bible Basics Class 11:00-12:00pm

Nov 3 - Study with Mr. Dominic

Nov 10 - Study with Miss Gail

Nov 17 - Study with Miss Gail

Nov 24 - **OFFICE CLOSED**

VIRTUAL Moms Group Study - Live Free

1:00-2:00pm (Led by Miss Sandy and Miss Kate)

Moms are invited to come to chat, to encourage one another and journey through Motherhood together.

VIRTUAL Faith Based Parenting 3:00-4:00 pm

Nov 3 - God's Plan for Your Parenting: Part 1

Nov 10 - God's Plan for Your Parenting: Part 2

Nov 17 - Building Lasting Memories

Nov 24 - **OFFICE CLOSED**

**Not a client? Call to enroll!
See a class you like? Call to register!
Know someone who is pregnant or has
children 5 and under? Introduce us!
We look forward to partnering with you!**

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.