



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

**Monday**

**VIRTUAL Court-Mandated Parenting Class**

6:00-7:00 pm

- Oct 3 - Anger Management
- Oct 10 - Strong Willed Child
- Oct 17 - The Importance of Words
- Oct 24 - Toddler Illness
- Oct 31 - Preventing Child Abuse

**Tuesday**

**VIRTUAL Childbirth Prep 10:00-11:00am**

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

- Oct 4 - At Risk Pregnancy
- Oct 11 - Your Breast Milk
- Oct 18 - Simple Infant Care
- Oct 25 - Medical Interventions

\*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 years old.

- Oct 4 - Infant Nutrition
- Oct 11 - SIDS
- Oct 18 - Potty Training
- Oct 25 - Toddler Nutrition

**VIRTUAL Parenting Class 1:00-2:00 pm**

- Oct 4 - Creating Confidence
- Oct 11 - Creating Courage
- Oct 18 - Creating Honesty
- Oct 25 - Creating Kindness

**VIRTUAL Parenting Support Group 6:00-7:00 pm**

- Oct 4 - Check Your Attitude
- Oct 11 - The Amazing Race
- Oct 18 - Leman Secrets for Enjoying
- Oct 25 - Creating Motivation

**Wednesday**

**VIRTUAL Bible Class 1:00-2:00 pm**

Be encouraged in your walk with God

**Thursday**

**VIRTUAL Pregnancy Class 9:30-10:30 am**

- Oct 6 - Infant Expectations
- Oct 13 - Emotions of Pregnancy
- Oct 20 - The Final Stretch
- Oct 27 - Natural Comfort Measures

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

- Oct 6 - Study with Mr. Dominic
- Oct 13 - Study with Mr. Dominic
- Oct 20 - Study with Miss Gail
- Oct 27 - Study with Miss Barbara

**VIRTUAL Small 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**

- Oct 6 - Helping Kids Navigate Worry in Healthy Ways
- Oct 13 - Helping Your Daughter Become Confident Pt 1
- Oct 20 - Helping Your Daughter Become Confident Pt 2
- Oct 27 - A Godly Mother

**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.