

ALBANY 2021 VIRTUAL Class Schedule



Alpha Pregnancy<sup>™</sup>  
care center

518 Clinton Ave. Albany NY 12206  
Phone: (518) 462-2188

Email: info@alphacare.org  
Web: www.alphacare.org

Please note, class times and content are subject to change. Please call for registration and details.

<p style="text-align: center;"><b><u>Monday</u></b></p> <p><b><u>BIBLE STUDY 1:00-2:00 pm</u></b> Bring your Bible as we read through the Gospel of John together, one chapter at a time</p> <p><b><u>COURT-MANDATED PARENTING CLASS 6:00-7:00 pm</u></b> *This is for CPS or Court mandated/referred clients. We recommend a series of 8-10 classes to present to the courts.</p>	<p style="text-align: center;"><b><u>Thursday</u></b></p> <p><b><u>PREGNANCY CLASS 9:30-10:30 am</u></b></p> <p><b><u>MEN'S Mentoring with Mr. Dominic 11:00am-12:00 pm</u></b> Mr. Dominic invites our male clients to come to a place where he will mentor them one on one or in community. By Appointment Only.</p> <p><b><u>PARENTING GROUP: Parenting for Life 1:00-2:00pm</u></b> This class is for parents who have children 1 year or older. You have the foundation of parenting, now let's go deep. This will be a place to learn, grow and lead without regrets.</p>
<p style="text-align: center;"><b><u>Tuesday</u></b></p> <p><b><u>CHILDBIRTH PREP 10:00-11:00 am</u></b> Class is for expecting parents, up to 6 weeks post birth. Clients must complete a series of classes to receive a special gift from us.</p> <p><b><u>NEW MOMS and DADS CLASS 11:30am-12:30 pm</u></b> Class is for parents with a child from birth through one year old. The classes focus on nutrition, discipline, sleeping, and basic childcare.</p> <p><b><u>PARENTING CLASS 1:00-2:00 pm</u></b> All-encompassing parenting class that addresses common experiences with toddlers.</p> <p><b><u>FAITH BASED PARENTING CLASS 3:30-4:30 pm</u></b> Parenting class seen through the Christian lens.</p>	<p style="text-align: center;"><b><u>Friday</u></b></p> <p><b><u>BIBLE STUDY 11:00am-12:00 pm</u></b> We have two teachers that alternate. One teaches who our clients are in Christ and reinforces with scripture, ways to remember their identity in Christ. The second teacher uses personal life experiences to show the client how they can relate to Christ.</p>
<p style="text-align: center;"><b><u>Wednesday</u></b></p> <p><b><u>BIBLE STUDY 1:00-2:00 pm</u></b> Topical study with applicable concepts.</p> <p><b><u>WOMEN'S GROUP: Practice Makes Progress 4:30-5:30 pm</u></b> Support group for women to encourage and grow together.</p>	<div data-bbox="1015 1365 1372 1743" data-label="Image"> </div> <p style="text-align: center;"><b>All of our programs are free and confidential.</b> Please call for an <b>appointment.</b></p>

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.