

COHOES JANUARY 2022 Class Schedule



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Center Director: Jamilah Jackson
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HOURS:

Mon: 8:30am-3:30pm
Tues: 8:30am-3:30pm
Wed: Closed
Thurs: 8:30am-3:30pm
Friday: 8:30am-3:30pm

Cohoes January 2022 Parenting Class Schedule

Monday

MANDATED PARENTING CLASS 6pm-7pm

Jan 3- Creating Kindness
Jan 10- Toddler Nutrition
Jan 17- Toddler Play
Jan 24- Crying
Jan 31- Sex and You

Tuesday

CHILDBIRTH CLASS 10am-11am

Jan 4- Postpartum Depression
Jan 11- Third Trimester
Jan 18- Stages of Labor
Jan 25- Baby Care Basics

NEW MOM AND DADS CLASS 11:30-12:30pm

Jan 4- How to Raise Emotionally Healthy Children
Jan 11- Quality Child Care
Jan 18- First Year Milestones Part 1
Jan 25- First Year Milestones Part 2

PARENTING CLASS 1pm-2 pm

Jan 4- Strong-Willed Children
Jan 11- Staying Connected to be Respected
Jan 18- Depression and Suicide
Jan 25- Consequences Without Cooperation

Wednesday

Closed

Thursday

CHILDBIRTH PREP 9:30-10:30am

Jan 6- Your First Trimester
Jan 13- Prenatal Care
Jan 20- Preparing for C-Section
Jan 27- Getting Ready for Baby

BIBLE STUDY 11-12pm in house

MOM'S/DAD'S SUPPORT GROUP 12pm-1pm in house

FAITH BASED PARENTING CLASS 3:00-4:00 pm

Jan 6- Hope for Single Parents Part 2
Jan 13- What Your Child Needs
Jan 20- TBA
Jan 27- TBA

Friday

MOM'S/DAD'S SUPPORT GROUP by appointment only

Stork Room shopping by appointment ONLY



All of our programs are free and confidential.

We offer: Free Walk-in Pregnancy tests, Childbirth Classes, Parenting Classes, Bible Studies, Mom's Groups and Counseling. Our program allows families to earn diapers, clothing, baby furniture, baby gear and more.