

COHOES DECEMBER 2021 Class Schedule



Alpha Pregnancy[™]
care center

159B Remsen St. Cohoes, NY 12047
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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 December 2021

Parenting Class Schedule

We will be CLOSED Dec 23rd-December 27

Monday

Dec. 27th there will be no classes

MANDATED PARENTING CLASS 6pm-7pm

Dec 6 - Stay Connected
Dec 13- Child Abuse & Neglect

Tuesday

Dec. 28th there will be no classes

CHILDBIRTH CLASS 10am-11am

Dec 7 - Medical Interventions
Dec 14 - Baby Care Basics
Dec 21- Breastfeeding - Your milk supply and you

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

Dec 7 - Infant Accidents
Dec 14 - Eye Contact Means Love
Dec 21- Quality Childcare

PARENTING CLASS 1pm-2 pm

Dec 7 - The Monster of Debt
Dec 14 - Building Lasting Memories
Dec 21- What is Family?

Wednesday

Closed

Thursday

Dec. 30th there will be no classes

CHILDBIRTH PREP 9:30-10:30am

Dec 2- Labor & Delivery: Getting Ready
Dec 9- Infant Hygiene
Dec 16- Breast Pumps & Briefcases: Part 2

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

Dec 2 - Is Technology Helping Our Kids?
Dec 9- Is Technology Helping Our Kids: Part 2
Dec 16- Hope for Single Parents & Blended Families

Friday

Dec. 31st there will be no classes

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.