

## COHOES JULY 2021 Class Schedule



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### HOURS:

Mon: 8:30am-1:30pm  
Tues: 8:30am-1:30pm  
Wed: Closed  
Thurs: 8:30am-1:30pm  
Friday: 8:30am-1:30pm

### Cohoes July 2021

#### Parenting Class Schedule

**\*Due to COVID-19 we are doing LIMITED in-house classes\***

#### Monday

\*Virtual Classes\*

#### PARENTING CLASS 6pm-7pm

July 5- \*CLOSED for Independence Day\*  
July 12- Domestic Violence  
July 19- Anger Management  
July 26- Toddler Safety

#### Tuesday

\*Virtual Classes\*

#### CHILDBIRTH CLASS 10am-11am

July 6 - Breastfeeding  
July 13 - Postpartum: Caring For Yourself After Birth  
July 20- Prenatal: Emotions of Pregnancy  
July 27- Childbirth Prep

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

July 6 - Crying  
July 13 - Expectations for 9-12 Months  
July 20- Childhood Immunizations  
July 27- Getting Your Baby to Sleep

#### PARENTING CLASS 1:00-2:00 pm

July 6 - Situational Discipline  
July 13 - Family Stability Inside Change  
July 20- Creating Kindness  
July 27- The Importance of Words

\*In-house class\*

#### PARENTING CLASS 12pm-1pm

#### Wednesday

#### BIBLE STUDY 1:00-2:00 pm \*Virtual\*

#### Thursday

\*Virtual Class\*

#### CHILDBIRTH PREP 9:30-10:30am

July 1-Your Unborn Baby's Secret World  
July 8- Infant CPR  
July 15- Labor and Delivery- Natural Comfort Measures  
July 22- Shaken Baby Syndrome  
July 29- The Final Stretch

\*In-house class\*

#### MOM'S/DAD'S GROUP 12pm-1pm

#### Friday

BIBLE STUDY in house by appointment only.

#### BIBLE STUDY 11:00-12:00 pm \*Virtual\*

**\*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.