

## COHOES OCTOBER 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 October 2021 Parenting Class Schedule**

#### **Monday**

##### **PARENTING CLASS 6pm-7pm**

Oct 4- Whining  
Oct 11- Depression and Suicide  
Oct 18- Creating Motivation  
Oct 25- Carseat Safety

#### **Tuesday**

##### **CHILDBIRTH CLASS 10am-11am**

Oct 5- Breastfeeding  
Oct 12- Pregnancy Nutrition  
Oct 19- Preparing for a C-section  
Oct 26- Labor Expectations

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

Oct 5-Childhood Nutrition Birth to Age 1  
Oct 12-Mommy Work  
Oct 19-Age Appropriate Play 1-2 years  
Oct 26-First Years Last Forever

##### **PARENTING CLASS 12:00-1:00 pm**

Oct 5-Successful Positive Parenting  
Oct 12-Childhood Immunizations  
Oct 19-Sleeping, Bedtime, and Mornings  
Oct 26-Anger Management

#### **Wednesday**

**\*Closed\***

#### **Thursday**

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

Oct 6- Training your Birth Coach  
Oct 13- Postpartum Depression  
Oct 20- Caring for Yourself After Birth  
Oct 27- Your first Trimester

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

#### **Friday**

**BIBLE STUDY** in house 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.