COHOES December 2018 Parenting Class Schedule

 New Winter Hours:

144 Remsen St., Cohoes, NY 12047 Mon: 11:00 am-7:00 pm

Phone: (518) 279-7673, Fax: (518) 279-7674 Tues: 9:00 am–3:00 pm

E-Mail: gwenn@alphacare.org Wed: 9:00 am–3:00 pm

Web: alphacare.org Thur: 10:00 am-4:00 pm

Director: Gwenn Chappell Fri: 9:00 am-2:00 pm

Free Pregnancy Tests: Walk-ins Welcome \* Free Childbirth Classes \* Free Parenting Classes
Celebrate the birth of Jesus! Merry Christmas!Closed on Dec 24-Jan 1: Reopen Wed, Jan 2

 ***Welcome Summer!***

**Monday**

**GED PREP CLASS** 11:00-12:00 am

**MOM’S GROUP** 12:00 -1:00 pm

**BIBLE STUDY** 1:00-2:00 pm

**PARENTING CLASS** 6:00-7:00 pm

Dec 3 Building Blocks of Development

Dec 10 A Mother’s Influence

Dec 17 Christmas Story & Party

Dec 24 – Closed
Dec 31 - Closed

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**Tuesday**

**CHILDBIRTH & PRENATAL** 11:00 am-12:00 pm

Dec 4 Conception to Birth

Dec 11 Understanding Birth

Dec 18 Happiest Baby on the Block

Dec 25 - Closed

**BIBLE STUDY** 1:00-2:00 pm

**Wednesday**

**BIBLE STUDY** 1:00-2:00 pm

**DAD’S GROUP** 2:00-3:00 pm

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**Thursday**

**PARENTING CLASS** 11:30 am-12:30 pm

Dec 6 Creating Memories

Dec 13 Family Ties

Dec 20 Parenting Today

Dec 27 - Closed

**BIBLE STUDY** 1:00-2:00 pm

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**Friday**

**BIBLE STUDY** 11:00 am-12:00 pm

**Special Prayer Request** 12:00-1:00 pm

***Caring Peer and Professional Counselors available to meet with you.***

**All of our programs are completely FREE & CONFIDENTIAL!**

 **Free Pregnancy Tests**- Free, CONFIDENTIAL & reliable with immediate results. Walk-in or appointment.

 **Stork room –** Diapers, clothing, cribs, baby furniture, formula, baby wipes, and layettes.

 **Childbirth preparation and Parenting classes**- Taught primarily by nurses or other professionals.

 **Confidential Pregnancy Counseling-** Information on a person’s options, abortion, adoption and parenting.

 **Referrals-** Excellent medical referrals, and information & resources for financial assistance.

 **Mom’s groups**- New parents meet to build relationships, discuss issues, and learn from experience.

 **Post Abortive Counseling/Support Group, Adoption Counseling, Abstinence education**

**Funding for Newborn Port-a-crib program is provided through a grant from Ronald McDonald House Charities of the Capital Region**

In case of bad weather, please call to see if we are open.
All of our programs are free and confidential.
**We offer:** free walk-in pregnancy tests, childbirth classes, parenting classes,
Bible studies, moms groups and counseling.
Our program allows families to earn free diapers, clothing, baby furniture, formula and more.