

AMSTERDAM JULY 2021 VIRTUAL Class Schedule



1050 Riverfront Center Amsterdam NY 12010
Phone: (518) 842-5025
Web: www.alphacare.org

Mon-Thu: 9:00 am-4:00 pm appt. only*
Center Director: Lindsay Countryman
E-mail: lindsay@alphacare.org

Men's mentoring is now being offered by appointment. Please call if you are interested.

Monday

PARENTING CLASS 6:00-7:00 pm

July 5 - No Class
July 12 - Domestic Family Violence
July 19 - Anger Management
July 26 - Toddler Safety

Tuesday

CHILDBIRTH PREP 10:00-11:00 am

Class is for expecting parents, up to 6 week post birth

July 6 - Breastfeeding
July 13 - Postpartum
July 20 - Prenatal
July 27 - Childbirth Preparation

*You must complete specific classes for the layette program

NEW MOMS and DADS CLASS 11:30am-12:30 pm

Class is for parents with a child from birth through one year old.

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

Wednesday

BIBLE STUDY 1:00-2:00 pm

Be encouraged and learn more about God

Current Topic: Men and Women of Faith

Thursday

PREGNANCY CLASS 9:30-10:30 am

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

MEN'S Mentoring with Mr. Dominic

11:00am-12:00 pm

Mr. Dominic invites you to come to a place where you can come as you are, have a conversation and be encouraged. This is by APPOINTMENT only and is one on one via zoom.

Friday

BIBLE STUDY 11:00am-12:00 pm



All of our programs are free and confidential.
Please call for an appointment.

We offer: Free Pregnancy tests, Free Ultrasounds, Childbirth Classes, Parenting Classes, and Bible Studies. Our program allows families to earn diapers, clothing, baby furniture, baby gear and more.