

AMSTERDAM OCTOBER 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
Center Director: Lindsay Countryman
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Monday

CHILDBIRTH PREP 11:30 am-12:30 pm
Class is for expecting parents, up to 6 week post birth
****In-Person****

PARENTING CLASS 6:00-7:00 pm
October 4 - Whining
October 11 - Depression & Suicide
October 18 - Creating Courage
October 25 - Car Seat Safety

Tuesday

NEW MOMS and DADS CLASS 11:30 am-12:30 pm
Class is for parents with a child from birth through one year old.
October 5 - Infant Accidents
October 12 - Autism
October 19 - Discipline: Limits with Love
October 26 - Safety Starts at Home

PARENTING CLASS 1:00-2:00 pm
October 5 - Protect Yourself in Relationships
October 12 - Emotional Intelligence for Parents
October 19 - Sex and You
October 26 - Healthy Boundaries

Wednesday

BIBLE STUDY 1:00-2:00 pm
Be encouraged and learn more about God

Current Topic: Forgiveness

OPEN SLOTS

Men's Mentoring
By appointment only. Please call to register or inquire for more information

Thursday

PREGNANCY CLASS 9:30-10:30 am
Class is for expecting parents
October 7 - Bonding with Unborn
October 14 - Training Your Birth Coach
October 21 - At Risk Pregnancy
October 28 - Emotions of Pregnancy
***You must complete specific classes for the layette program**

PARENTING CLASS 10:00-11:00 am
****In-Person****

Friday

BIBLE STUDY 11:00 am-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.