

SCHENECTADY JANUARY 2022 Class Schedule



Alpha Pregnancy<sup>™</sup>  
care center

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**HOURS:**

Mon: 1:00-5:00pm

Tues-Thurs: 10:30am-4:00pm

Friday: By appointment

**We will be closed on Mon, Jan 3 and Mon, Jan 17**

*\*All of our classes are currently held online via the Zoom app using your phone or tablet. Register for classes by calling and giving us your email. Log into Zoom from your email at the appropriate class time. Please be on time for class. Late entries will not be admitted.*

**Monday**

**PARENTING CLASS 6pm-7pm**

*For parents of any age child*

- Jan 3 Creating Kindness
- Jan 10 Toddler Nutrition
- Jan 17 Toddler Play
- Jan 24 Crying
- Jan 31 Sex and You

**Tuesday**

**CHILDBIRTH CLASS 10-11:00 am**

*For pregnant parents*

- Jan 4 Postpartum Depression
- Jan 11 Third Trimester
- Jan 18 Stages of Labor
- Jan 25 Baby Care Basics

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

*For parents of a baby from birth to one year*

- Jan 4 How to Raise Emotionally Healthy Children
- Jan 11 Quality Child Care
- Jan 18 First Year Milestones Part 1
- Jan 25 First Year Milestones Part 2

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

- Jan 4 Strong-Willed Children
- Jan 11 Staying Connected to be Respected
- Jan 18 Depression and Suicide
- Jan 25 Consequences Without Cooperation

**Wednesday**

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

**Thursday**

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

*For pregnant parents*

- Jan 6 Your First Trimester
- Jan 13 Prenatal Care
- Jan 20 Preparing for C-Section
- Jan 27 Getting Ready for Baby

**FAITH BASED PARENTING CLASS 3:00-4:00 pm**

*For parents of any age child*

- Jan 6 Hope for Single Parents Part 2
- Jan 13 What Your Child Needs
- Jan 20 TBA
- Jan 27 TBA

**Friday**

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

All of our programs are free and confidential.

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