



## Schenectady Alpha Center Class Schedule for JULY 2021

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Hours: Mon: 1:00-5:00 pm

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

Fri: By appointment

Free Pregnancy Tests: Walk-Ins Welcome

Free Childbirth and Parenting Classes

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.

**JULY 2021 Enjoy the Summer**  
**Closed on Monday, July 5<sup>th</sup> for Independence Day**

### Monday

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

For parents of any age child.

July 5 No class

July 12 Domestic Violence

July 19 Anger Management

July 26 Toddler Safety

### Tuesday

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

For pregnant parents.

July 6 Breastfeeding

July 13 Postpartum

July 20 Prenatal

July 27 Childbirth Preparation

#### **NEW MOMS/DADS CLASS** 11:30 am-12:30 pm

For parents of a baby from birth to one year.

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

For parents of any age child.

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.

### Thursday

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

For pregnant parents.

July 1 Your Unborn Baby's Secret World

July 8 Infant CPR

July 15 Labor and Delivery: Natural Comfort Measures

July 22 Shaken Baby Syndrome

July 29 The Final Stretch

### Friday

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

