

SCHENECTADY OCTOBER 2021 Class Schedule



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HOURS:
Mon: 1:00-5:00pm
Tues-Thurs: 10:30am-4:00pm
Friday: By appointment

Closed Monday, October 11 for Columbus Day

\*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 6:00-7:00 pm
For parents of any age child
Oct 4 - Whining
Oct 11 - Depression & Suicide
Oct 18 - Creating Courage
Oct 25 - Car Seat Safety

Tuesday
CHILDBIRTH PREP 2:30-3:30pm
Oct 5 - Baby Care Basics
Oct 12 - Breastfeeding
Oct 19 - Postpartum Depression
Oct 26 - Third Trimester

NEW MOM AND DADS CLASS 11:30-12:30pm
For parents of a baby from birth to one year
Oct 5 - Infant Accidents
Oct 12 - Autism
Oct 19 - Discipline: Limits with Love
Oct 26 - Safety Starts at Home

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

Wednesday
BIBLE STUDY 1:00-2:00pm
We will be talking about Forgiveness

Thursday
CHILDBIRTH PREP 9:30-10:30am
For pregnant parents
Oct 7 - Bonding with Unborn
Oct 14 - Training Your Birth Coach
Oct 21 - At-Risk Pregnancy
Oct 28 - Emotions of Pregnancy

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

October
All of our programs are free and confidential.

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

