

AMSTERDAM SEPTEMBER 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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Closed on Monday, September 6th in honor of Labor Day

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
September 6 - No class
September 13 - Caution: Anger Ahead
September 20 - Creating Motivation
September 27 - Toddler Nutrition

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.
September 7 - First Year Milestones: Birth-6 Months
September 14 - Childhood Nutrition
September 21 - First Year Milestones: 7-12 Months
September 28 - Ten Things Every Child Needs

PARENTING CLASS 1:00-2:00 pm
September 7 - What is a Family?
September 14 - Successful Positive Parenting
September 21 - Fighting the Impulse to Spend
September 28 - Career or Job Planning

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
September 2 - Breastfeeding: Starting Right
September 9 - Your First Trimester
September 16 - Postpartum Depression
September 23 - Preparing for a C-Section
September 30 - Labor Expectations
***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.