



CENTERS: Albany, Schenectady, Cohoes and Amsterdam
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<u>Monday</u>	<u>Wednesday</u>
<p>VIRTUAL Love and Respect Series 3:00-4:00pm Next Session begins in October</p> <p>VIRTUAL Court-Mandated Parenting Class 6:00-7:00 pm Sep 5 - OFFICE CLOSED Sep 12 - Improve Your Child's Self Confidence (Em. Dev) Sep 19 - Toddler Safety (Safety) Sep 26 - Domestic Violence (Abuse/Neglect)</p>	<p>VIRTUAL Bible Study 1:00-2:00 pm Be encouraged in your walk with God</p>
<u>Tuesday</u>	<u>Thursday</u>
<p>VIRTUAL Childbirth Prep 10:00-11:00am Class is for expecting parents, up to 6 week post birth Sep 6- Infant Hygiene Sep 13- Labor & Delivery: Getting Ready Sep 20- Postpartum Sep 27- Your Ultrasound Appointment *You must complete specific classes for the layette program</p> <p>VIRTUAL New Moms and Dads Class 11:30am-12:30 pm Class is for parents with a child from birth through one year old. Sep 6 - Sleeping, Bedtimes and Mornings Sep 13 - How to Raise Emotionally Healthy Babies Sep 20 - How to Raise Emotionally Healthy Toddlers Sep 27 - Infant CPR, Child CPR</p> <p>VIRTUAL Parenting Class 1:00-2:00 pm Sep 6 - Preventing Child Sexual Abuse Sep 13 - Recognizing and Preventing Em. Child Abuse Sep 20 - Recognizing and Preventing Child Neglect Sep 27 - Recognizing and Preventing Phy. Child Abuse</p> <p>VIRTUAL Parenting Support Group 6:00-7:00 pm Sep 6 - Wake Up to Reality Sep 13 - Children Growing Up Here Sep 20 - Staying Connected Sep 27 - Check Your Attitude</p>	<p>VIRTUAL Pregnancy Class 9:30-10:30 am Sep 1 - Eating For Two Sep 8- You Are In Control Sep 15 - Your Body and Birth Sep 22 - Goals and Benefits of Breastfeeding Sep 29 - Taking Care of Yourself After Birth</p> <p>VIRTUAL Bible Basics Class 11:00-12:00pm Sep 1- Study with Mr. Dominic Sep 8- Identity Matters Sep 15- Recognizing Satan Sep 22- Offering Your Worst to God Sep 29- Painful Truth & Forgiveness</p> <p>VIRTUAL Moms Group Study - Live Free 1:00-2:00pm (Led by Miss Sandy and Miss Kate) Moms are invited to come to chat, to encourage one another and journey through Motherhood together.</p> <p>VIRTUAL Faith Based Parenting 3:00-4:00 pm Sep 1 - The Power of Family Sep 8- Raising Boys to be Godly Men Part 1 Sep 15 - Raising Boys to be Godly Men Part 2 Sep 22 - Raising Daughters in God's Wisdom Sep 29 - Important Choices You Can Make as a Parent</p>
<p>Please call our Main Office to sign up for our program.</p>	

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.