

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>For calendar updates, visit our website at pregnancycare.org. > SUPPORT > CLASSES</p>			<p>1 10-11:30 Food for Growth Ashton Griffith</p>	2
3	<p>4 10-11:30 Story Time Sara Stanley</p>	<p>5 <u>SPIRITUAL</u> 9:00-10:30 SPANISH BIBLE STUDY 10:45-12:00 ENGLISH BIBLE STUDY</p>	<p>6 10-11:30 Breastfeeding Ashton Griffith</p>	<p>7 10-1:00 Childbirth **Please sign up** Emilie Cunningham</p>	<p>8 10-11:30 Positive Discipline Danielle Todd</p>	19
10	<p>11 10-11:30 Stressors Sara Stanley</p> <p>5:30-6:30 Prenatal Care Medical Center</p>	<p>12 <u>SPIRITUAL</u> 9:00-10:30 SPANISH BIBLE STUDY 10:45-12:00 ENGLISH BIBLE STUDY</p>	<p>13 10-11:30 SIDS/Shaken Baby</p> <p>6 – 7 PM The Night Before Christmas Story Time</p>	<p>14 10-11:30 Meal Planning & Surviving the Checkout Shelli Sellers</p>	<p>15 10-11:30 Steps to Physical Intimacy Becky Mosby</p>	16
17	<p>18 10-11:30 Story Time Sara Stanley</p>	<p>19 <u>SPIRITUAL</u> 9:00-10:30 SPANISH BIBLE STUDY 10:45-12:00 ENGLISH BIBLE STUDY</p>	<p>20 10-11:30 Car Seat Safety</p>	<p>21 10-11:30 You Can Quit: Alcohol/Smoking Quince Wright</p>	<p>22 9:30-10 The Christmas Story Marilyn LaStrape</p> <p>10-11:30 Christmas Crafts</p>	23
24	<p>25 CLOSED Merry Christmas!</p>	<p>26 No Class</p>	<p>27 No Class</p>	<p>28 No Class</p>	<p>29 No Class</p>	30

Mommamas on the Move Class Snapshot

Class	Date
Pregnancy Class	
Pregnancy Class	
Fetal Development	
Childbirth	
Post Partum Mom	
Bringing Baby Home	
Breastfeeding	December 6
Infant Development	
SIDS/Shaken Baby	December 13
Illnesses and Immunizations	
CPR	
Car Seat Safety	December 20 Car Seat Safety
Safety Starts at Home	
Child/Family Nutrition	December 1 Food for Growth
Parenting/Discipline	December 8 Positive Discipline December 11 Stressors
Money/Employment	December 14 Meal Planning & Surviving the Checkout
Money/Employment	
Free Choice	December 15 Steps to Physical Intimacy
Free Choice	December 21 Alcohol/Smoking
Free Choice	December 22 Christmas Crafts