



Monday	Tuesday	Wednesday	Thursday	Friday
3 10-11:30 Story Time: Holly V.	4 <u>Spiritual</u> 9-10:30 Estudio Biblico en Espanol 10:45-12 English Bible Study	5 10-1 *Childbirth Emilie C. <i>*Call to reserve seat and lunch</i>	6 10-11:30 Breastfeeding Mellissa A.	7 10-1 *Born Learning: Building Relationships Anette & Domonique <i>*Call to reserve seat and lunch</i>
10 10-11:30 Job Application & Interview Tips Suzanne P.	11 <u>Spiritual</u> 9-10:30 Estudio Biblico en Espanol 10:45-12 English Bible Study	12 9-11:30 *Healthy Boundaries Becky M. <i>*Call to reserve seat</i>	13 10-11:30 Gestational Diabetes Anadeli B. 6:00 PM Christmas Storytime & Cocoa Wear your PJs	14 10-1 *Born Learning: Building Your Child's Language Skills Anette & Domonique <i>*Call to reserve seat and lunch</i>
17 10-11:30 Story Time with Reindeer Craft Holly V. 5:30-6:30pm Prenatal Care 1818 Columbus Avenue	18 <u>Spiritual</u> 9-10:30 Estudio Biblico en Espanol 10:45-12 English Bible Study *BAM 6-9pm Dinner Provided/No Childcare	19 <u>Spiritual</u> 10-11:30 Jesus Christ The Best Gift! Marilyn L.	20 10-11:30 Car Seat Safety Megan H. *BAM 6-9pm Dinner Provided/No Childcare	21 10-1 *Born Learning: Nutrition & Health Anette & Domonique <i>*Call to reserve seat and lunch</i>
24 CLOSED FOR CHRISTMAS EVE	25 	26 <h1 style="text-align: center;">No Classes Christmas Week</h1>	27 	28
31 <u>Spiritual</u> 10:30-11:30 Muscles & Meditation Pre/Post Natal Exercise Erica L.			For calendar updates visit our website @pregnancycare.org >SUPPORT>CLASSES	*RSVP REQUIRED Please call 254-772-8270 to sign up at least ONE day in advance.



©All classes are free but you must be pregnant or have a child who is 36 months or younger©

Mommas on the Move Class Snapshot

Core Class Requirements	Date – Class
Pregnancy Class	12/13 Gestational Diabetes
Breastfeeding	12/6 Breastfeeding
Car Seat Safety	12/20 Car Seat Safety
Childbirth	12/5 Childbirth
Parenting/Discipline	12/7 Building Relationships 12/14 Building Your Child's Language Skills
Child/Family Nutrition	12/21 Nutrition & Heath
Free Choice	12/3 Story Time 12/17 Story Time
Safety Starts at Home	12/12 Healthy Boundaries
Money/Employment	12/10 Job Application & Interview Skills