

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10-11:30 Getting Ready For Baby Suzanne P
4 10-11:30 The Amazing World of Play Ashton & Holly	5 <u>Spiritual</u> 9-10:30 Estudio Biblico en Espanol 10:45-12 English Bible Study Valentine Story Time @ 6 pm	6 10-11:30 Bringing Baby Home Suzanne P.	7 10-11:30 Breastfeeding Basics Melissa A.	8 10-11:30 Raising Emotionally Healthy Children Danielle T
11 10-11:30 How to Play With Your Baby: Newborn Ashton & Holly	12 <u>Spiritual</u> 9-10:30 Estudio Biblico en Espanol 10:45-12 English Bible Study	13 10-11:30 Money Management Teresa C	14 10-11:30 Nutrition and Cooking Arley T. *Please RSVP	15 10-11:30 Car Seat Safety Megan H.
18 10-11:30 How to Play With Your Baby: Sitting to Walking Ashton & Holly 5:30-6:30 Prenatal Care 1818 Columbus Ave	19 <u>Spiritual</u> 9-10:30 Estudio Biblico en Espanol 10:45-12 English Bible Study *BAM 6-9pm *RVSP Childcare is not provided	20 10-1:00 CPR Herma	21 10-11:30 What is a Post Partum Doula? Mary Zane N. *BAM 6-9pm *RVSP Childcare is not provided	22 10-11:30 Childbirth Leigh E.
25 10-11:30 Muscles and Meditation Pre/Post Natal Exercise Erica L. Childbirth 6-9pm Emilie C. *RVSP Childcare is not provided	26 <u>Spiritual</u> 9-10:30 Estudio Biblico en Espanol 10:45-12 English Bible Study	27 10-11:30 SIDS/ Shaken Baby Syndrome Haley L.	28 10-11:30 Illnesses and Immunizations Daisy C 1:00-2:30 Fetal Development Briana	 FEBRUARY

☺All classes are free but you must be pregnant or have a child who is 36 months or younger☺
For calendar updates visit our website @pregnancy.org>SUPPORT>CLASSES

Mommas on the Move Class Snapshot

Core Class Requirements	Date – Class
Pregnancy Class	2/1 Getting Ready for Baby 2/18 Prenatal Care
Fetal Development	2/28 Fetal Development
Post-Partum Mom	2/21 Post- Partum Care
Breastfeeding	2/7 Breastfeeding
CPR	2/20 CPR
Infant Development	2/11 How to Play With Your Baby, 2/18 How to Play With Your Baby
Money/Employment	2/13 Money Management
Car Seat Safety	2/15 Car Seat Safety
Childbirth	2/22 Childbirth, 2/25 Childbirth
Parenting/Discipline	2/11 How to Play With Your Baby, 2/18 How to Play With Your Baby
Child/Family Nutrition	2/14 Pregnancy Nutrition
Safety Starts at Home	2/1 Raising Emotionally Healthy Children
Bringing Baby Home	2/8 Bringing Baby Home
Illnesses & Immunizations	2/28 Illnesses & immunizations
SIDS & Shaken Baby Syndrome	2/27 SIDS & Shaken Baby Syndrome