



800 W Waco Dr.  
Waco TX 76701

254-772-8270

**\*RSVP REQUIRED** Please call 254-772-8270

Evening classes have a meal provided,  
but do not provide childcare

	Tuesday	Wednesday	Thursday	Friday
2  No Classes	3 <b>Spiritual</b> 9-10:30 – Estudio Biblico en Español 10:45-12 – English Bible Study	4 10-11:30 – <b>Stretch Your Food</b> Andrea P.	5 10-11:30 – <b>Tantrums &amp; Your Toddler</b> Danielle T.	6 10-1:00 – <b>Childbirth</b> Bethaney B. <b>*Must RSVP. A meal is provided.</b>
9 10-11:30 – <b>Born Learning Pt. 1</b> 1-2:30 – <b>Nutrition &amp; Cooking Pt. 1</b> Lindsey B. 6-7:30pm – <b>Positive Discipline</b> Danielle T. <b>*Must RSVP. A meal is provided. Childcare is not provided.</b>	10 <b>Spiritual</b> 9-10:30 – Estudio Biblico en Español 10:45-12 – English Bible Study	11 10-11:30 – <b>Car Seat Safety</b> Megan H.	12 10-11:30 – <b>Breastfeeding Basics</b> Mellissa A.  1-2:30 – <b>Shaken Baby Syndrome</b> Ashton G.	13 10-11:30 – <b>Healthy Communication</b> Becky M.  1-2:30 – <b>Hygiene &amp; Potty Training</b> Jasmin C
16 10-11:30 – <b>Born Learning Pt. 2</b> 1-2:30 – <b>Nutrition &amp; Cooking Pt. 2</b> Lindsey B 5:30-6:30pm – <b>Prenatal Care</b> <b>1818 Columbus Ave</b>	17 <b>Spiritual</b> 9-10:30 – Estudio Biblico en Español 10:45-12 – English Bible Study  6-9pm – <b>Childbirth</b> Bethaney B. <b>*Must RSVP. A meal is provided. Childcare is not provided.</b>	18 10-1:00 – <b>CPR</b> Herma T. <b>*Must RSVP. A meal is provided.</b>	19 10-11:30 – <b>Infant Nutrition</b> Mellissa A.  1-2:30 – <b>Understanding Your Newborn</b> Elizabeth D.	20 10-12:30 – <b>The Postpartum Mom</b> Mary Zane <b>*Must RSVP. A meal is provided.</b>
23 10-11:30 – <b>Born Learning Pt. 3</b>  1-2:30 – <b>Nutrition &amp; Cooking Pt. 3</b> Lindsey B.	24 <b>Spiritual</b> 9-10:30 – Estudio Biblico en Español 10:45-12 – English Bible Study	25 10-11:30 – <b>What is Safe in Pregnancy?</b> Emily G. 6-7:30pm – <b>Baby on the Move</b> Jen B. <b>*Must RSVP. A meal is provided. Childcare is not provided.</b>	26 10-11:30 – <b>Illnesses &amp; Immunizations</b> Daisy C. 30303028	27 10-11:30 – <b>Money Management</b> Tonya H.  1-2:30 – <b>Emotions of Pregnancy</b> Ashton G.
30 10-11:30 – <b>Born Learning Pt. 4</b>  1-2:30 – <b>Nutrition &amp; Cooking Pt. 4</b> Lindsey B.				

Core Class Requirements	Date - Class
Pregnancy Class	9/27 Emotions of Pregnancy
Breastfeeding	9/12 Breastfeeding Basics
CPR	9/18 CPR
Car Seat Safety	9/11 Car Seat Safety
Childbirth	9/6 Childbirth 9/17 Childbirth
Parenting/Discipline	9/5 Tantrums & Your Toddler 9/9, 9/16,9/23, 9/30 Born Learning 9/13 Hygiene & Potty Training
Child/Family Nutrition	9/4 Stretch Your Food 9/19 Infant Nutrition 9/9, 9/16, 9/23, 9/30 Nutrition & Cooking
Free Choice	9/13 Healthy Communication
Safety Starts at Home	9/25 What is Safe in Pregnancy?
Bringing Baby Home	9/19 Understanding Your Newborn
Illnesses & Immunizations	9/26 Illnesses & Immunizations
SIDS & Shaken Baby Syndrome	9/12 Shaken Baby Syndrome
Money/Employment	9/27 Money Management
Infant Development	9/25 Baby on the Move
Post-Partum Mom	9/20 The Postpartum Mom