



November 2022 CLASS CALENDAR

800 W Waco Dr. Waco, TX 76701 254-772-8270
 Please call 254-772-8270 to enroll or RSVP to classes.
 All class are offered in person unless otherwise noted.
 Childcare is provided.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/31	11/1	11/2	11/3	11/4
10:00 Meals on a Budget—Sarah 1:30 Car Seat Safety—Megan	9:00 Spanish Bible Study 10:00 Creating Courage—Victoria 12:00 Lunchtime Bible Study 1:30 Crafting with Mom—Isabelle	10:00 SIDS/SBS—Emily ***6:00 Bonding With Your Toddler (Zoom)—Donna	10:00 Creating Confidence and Motivation—Jennifer 1:30 Story Time with Parents as Teachers	10:00 Dating and Remarriage—Erika 1:30 Infant/Toddler Illness—Emily
11/7	11/8	11/9	11/10	11/11
10:00 ***Childcare (Zoom)—Keeli 1:00 ***Eating for Two (Zoom)—Emily 6:00 ***The Importance of Words (Zoom)—Josie	10:00 Superior Health Plan—Miguel 12:00 Lunchtime Bible Study 1:30 Cook W.I.C Us—Waco W.I.C	1:00 Healthy Relationships—Debbie 6:00 ***Prenatal Care (Zoom)—Anne	10:00 Texas Health Steps 1:00 Etiquette 101—Lois	10:00 Self Care/Stress Management—Erika 1:00 Healthy Meals on a Budget—Sarah
11/14	11/15	11/16	11/17	11/18
1:00 ***¿Qué es Seguro Durante el Embarazo? (Zoom)—Melissa 6:00 ***Poison Control (Zoom)—Tommy	9:00 Spanish Bible Study 10:00 Decisions—Victoria 12:00 Lunchtime Bible Study 1:30 Finding a Job—Jennifer	10:00 Safe Sleep—NFP 6:00 Fatherhood—TJ	10:00 Co-Parenting—Shelly	10:00 ***Illnesses and Immunizations (Zoom)—Daisy
11/21	11/22	11/23	11/24	11/25
10:00 ***Adoption (Zoom)—Victoria 1:00 ***Postpartum Care (Zoom)—Isabelle 6:00 ***Childbirth (Zoom)—Daphne	9:00 Spanish Bible Study 10:00 Childcare—Keeli 12:00 Lunchtime Bible Study 1:30 Car Seat Safety—Ashley	10:00 ***Preparing for Labor (Zoom)—Jennifer	CLOSED FOR THANKSGIVING	CLOSED FOR THANKSGIVING
11/28	11/29	11/30	12/1	12/2
10:00 ***Routines and Bedtimes (Zoom)—Josie 1:00 ***Importance of Play (Zoom)—Isabelle	1:00 Decisions—Victoria	10:00 NFP 101—NFP ****4:00 CPR/First Aid—Tara	10:00 Christmas on a Budget—Debbie 1:00 Your Financial Future—Shelli	10:00 Holiday Season Coparenting—Erika 1:00 Healthy Meals on a Budget—Sarah

*RSVP required through Waco Family Medicine.

**Enrollment is currently closed. Keep an eye out for this class series in the future.

***Class via zoom. Link provided in the newsletter.

****RSVP Required for Class. Limited Enrollment.

CATEGORY	DATE, TIME, TITLE	CATEGORY	DATE, TIME, TITLE
PREGNANCY CLASS	11/7, 1:00 ***Eating for Two (Zoom)—Emily 11/8, 10:00 Superior Health Plan—Miguel 11/9, 6:00 ***Prenatal Care (Zoom)—Anne 11/15, 10:00 Decisions—Victoria 11/23, 10:00 ***Preparing for Labor (Zoom)—Jennifer 11/29, 1:00 Decisions—Victoria	NUTRITION	11/8, 1:30 Cook W.I.C Us—Waco W.I.C 12/2, 1:00 Healthy Meals on a Budget—Sarah
CHILDBIRTH	11/21, 6:00 ***Childbirth (Zoom)—Daphne	INFANT CARE	11/30, 10:00 NFP 101—NFP
POSTPARTUM	11/21, 1:00 ***Postpartum Care (Zoom)—Isabelle	CPR	11/30, ****4:00 CPR/First Aid—Tara
SAFETY STARTS AT HOME	11/16, 10:00 Safe Sleep—NFP	CAR SEAT SAFETY	10/31, 1:30 Car Seat Safety—Megan 11/22, 1:30 Car Seat Safety—Ashley
BREASTFEEDING			
CHILD DEVELOPMENT	11/1, 1:30 Crafting with Mom—Isabelle 11/3, 1:30 Story Time with Parents as Teachers	PARENTING	11/1, 10:00 Creating Courage—Victoria 11/2, ***6:00 Bonding With Your Toddler (Zoom)—Donna 11/3, 10:00 Creating Confidence and Motivation—Jennifer 11/4, 1:30 Infant/Toddler Illness—Emily 11/7, 6:00 ***The Importance of Words (Zoom)—Josie 11/16, 6:00 Fatherhood—TJ 11/17, 10:00 Co-Parenting—Shelly 11/22, 10:00 Childcare—Keeli 11/28, 10:00 ***Routines and Bedtimes (Zoom)—Josie 11/28, 1:00 ***Importance of Play (Zoom)—Isabelle 12/2, 10:00 Holiday Season Coparenting—Erika
SIDS/SBS	11/2, 10:00 SIDS/SBS—Emily		
ILLNESS & IMMUNIZATIONS	11/18, 10:00 ***Illnesses and Immunizations (Zoom)—Daisy		
SPANISH CLASSES	11/14, 1:00 ***¿Qué es Seguro Durante el Embarazo? (Zoom)—Melissa		
LIFE SKILLS	10/31, 10:00 Meals on a Budget—Sarah 11/11, 10:00 Self Care/Stress Management—Erika 11/11, 1:00 Healthy Meals on a Budget—Sarah 11/15, 1:30 Finding a Job—Jennifer 12/1, 10:00 Christmas on a Budget—Debbie 12/1, 1:00 Your Financial Future—Shelli	FREE CHOICE	11/4, 10:00 Dating and Remarriage—Erika 11/7, 10:00 ***Childcare (Zoom)—Keeli 11/9, 1:00 Healthy Relationships—Debbie 11/10, 10:00 Texas Health Steps 11/14, 6:00 ***Poison Control (Zoom)—Tommie 11/21, 10:00 ***Adoption (Zoom)—Victoria