

February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>30</p> <p>10:00 Texas Health Steps- Liz</p> <p>1:00 Immunizations and Illness ZOOM*** - Sarah R</p>	<p>31</p> <p>9:00 Spanish Bible Study 10:15 Creating Confidence - Sarah O</p> <p>Noon Lunchtime Bible Study 1:30 Family Traditions & Celebrations Valentine's Day-Lois</p>	<p>1</p> <p>10:00 Tantrums - Abby</p> <p>1:00 Postpartum Care- Jennifer</p>	<p>2</p> <p>10:00 Autism&ADHD - Hilary</p> <p>1:30 Getting Established in a New Area & Helping Children Process Change - Shelli</p>	<p>3</p> <p>10:00 Preventing Sexual Abuse- Shelly</p> <p>1:00 Healthy Meals on a WIC budget - Sarah R</p>
<p>6</p> <p>10:00 Connected Care Givers #1 - Hannah</p> <p>1:00 Car Seat Safety- Megan</p> <p>6:00 Poison Control Safety- Tommie ZOOM***</p>	<p>7</p> <p>9:00 Spanish Bible Study 10:15 Decisions- Victoria in person and Zoom (hybrid)***</p> <p>Noon Lunchtime Bible Study 6:00 Mommy and Infant Nutrition Sarah ZOOM***</p>	<p>8</p> <p>10:00 Infant CPR ZOOM*** - Abi</p> <p>1:00 Pregnancy 3-4 - Daphne</p>	<p>9</p> <p>10:00 Texas Health Steps- Hilda</p> <p>1:00 Valentine Food on a Budget- Sarah R</p>	<p>10</p> <p>10:00 Infant Expectations 6-12 months-Josie</p> <p>1:00 Mom's fitness and care- Erika</p>
<p>13</p> <p>10:00 Connected Care Givers #2- Hannah</p> <p>1:00 SIDS and Infant Accidents ***Anne</p> <p>6:00 Crying and Whining ZOOM***- Anna Jane</p>	<p>14</p> <p>9:00 Spanish Bible Study 10:15 Superior Health plan - Miguel</p> <p>Noon Lunchtime Bible Study 1:30 Childcare -Keeli</p>	<p>15</p> <p>10:00 Adoption - Victoria in person and on Zoom</p> <p>3:00 Fatherhood - TJ snack dinner provided</p> <p>6:00 F4- Fathers Fighting for Families- TJ (MEN ONLY CLASS) Dinner provided</p>	<p>16</p> <p>10:00 18-36 Month Milestones- Hilary</p> <p>1:00 Étiquette 101 - Lois</p>	<p>17</p> <p>10:00 Poison Control Safety - Tommie</p>
<p>20</p> <p>10:00 Connected Care Givers #3- Hannah</p> <p>1:00 Teething and Toddler Oral Health ***Anne</p> <p>6:00 Getting Baby to Sleep and Bedtime Routines Zoom*** Anna Jane</p>	<p>21</p> <p>9:00 Spanish Bible Study 10:15 Decisions - Victoria in person and on Zoom</p> <p>Noon Lunchtime Bible study 1:30 Siblings - Sarah O</p>	<p>22</p> <p>10:00 Pregnancy 1-2 Daphne</p> <p>2:00 - 5:00 CPR Certification - Tara</p>	<p>23</p> <p>10:00 Texas Health Steps - Liz</p> <p>1:00 Your Financial Future and Financial Emergencies- Shelli</p>	<p>24</p> <p>10:00 Being a SuperMom and Mommy Work - Josie</p> <p>1:00 Mom's Fitness and Care- Erika</p>
<p>27</p> <p>10:00 Connected Care Giver #4- Hannah</p> <p>1:00 Business Etiquette- Debbie ZOOM***</p>	<p>28</p> <p>9:00 Spanish Bible Study 10:15 Right Care - Daniela</p> <p>Noon Lunchtime Bible Study 1:30 Contraception and birth control - Dr. Macik in person and on Zoom (hybrid)***</p>			

CATEGORY	DATE, TIME, TITLE	CATEGORY	DATE, TIME, TITLE
PREGNANCY CLASS	2/8 Pregnancy 3-4 1:00 2/22 Pregnancy 1-2 10:00	NUTRITION	2/3 Healthy Meals on a WIC Budget 1:00 2/7 Mommy and Infant Nutrition 6:00 ZOOM
Childbirth		INFANT CARE	2/13 Crying Baby 6:00 ZOOM 2/20 Teething and Oral Health 1:00 Zoom and in person 2/20 Getting Baby to Sleep and Bedtime 6:00 ZOOM
POSTPARTUM	2/1 Postpartum Care 1:00	CPR	2/8 Infant 10:00 Zoom 2/22 CPR Certification 2-5
SAFETY STARTS AT HOME	1/6 Poison Control 6:00 Zoom 2/17 Poison Control 10:00	CAR SEAT SAFETY	2/6 Car Seat Safety 1:00
BREASTFEEDING		PARENTING	1/31 Creating Confidence 10:15/1 2/2 Helping Children Through Change 1:30 2/3 Preventing Sexual Abuse 10:00 Connected Care Givers 2/6, 2/13, 2/20, 2/27 10:00 2/14 Childcare 1:30 2/15 Fatherhood (open to all) 3:00 2/15 MEN ONLY Fatherhood 6:00 2/21 Siblings 1:30
CHILD DEVELOPMENT	2/1 Tantrums 10:00 2/10 Infant Expectations 6-12 months 10:00 2/13 Whining 6:00 ZOOM 2/16 18-36 month Milestones 10:00	FREE CHOICE	Texas Health Steps 1/30 10:00; 1/23 10:00 2/2 Autism and ADHD 10:00 2/2 Getting Established in a New Area 1:30 2/7 Decisions 10:15 Zoom and in person 2/10 Mom fitness and care 1:00 2/14 Superior Health Plan 10:15 2/15 Adoption 10:00 Zoom and in person 2/21 Decisions 10:15 Zoom and in person 2/24 Being a Super Mom/Mommy Work 10:00 2/24 Mom fitness and Care 1:00 2/28 Contraception 1:30 Zoom and in person
SIDS / SBS	2/13 SIDS 1:00 Zoom and in person	LIFE SKILLS	2/9 Valentines Food on a Budget 1:00 2/16 Etiquette 101 1:00 2/23 Financial Future and \$ Emergencies 1:00 2/27 Business Etiquette ZOOM
ILLNESS & IMMUNIZATIONS	1/30 Immunizations and Illness 1:00 ZOOM	SPANISH CLASSES	