

## March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>27 10:00 Connected Care Givers - Correction and Discipline - Hannah</p> <p>1:00 Business Etiquette ***Zoom Class Debbie</p>	<p>28 9:00 Spanish Bible Study 10:15 Right Care - Daniela Noon Lunchtime Bible Study 1:30 Contraception - Dr. Macik - In Class and Zoom ***</p>	<p>1 10:00 "I Can Do It Myself" - Abby</p> <p>1:00 1st Trimester - Jennifer</p>	<p>2 10:00 Milestones 24-36 Months - Hilary</p> <p>1:30 Immunizations - Dr. Hinds</p>	<p>3 10:00 Breastfeeding - Bre</p> <p>1:00 Feeding Your Baby: The Bottle - Sarah R</p>
<p>6 1:00 Meals on a WIC Budget - Sarah R</p> <p>6:00 2nd Trimester and Expectations Zoom - Josie</p>	<p>7 9:00 Spanish Bible Study 10:15 Decisions - Victoria - In Class and on Zoom Noon Lunchtime Bible Study 1:30 Postpartum Depression - Jennifer (wear sneakers)</p>	<p>8 10:00 Mommy Nutrition - Caroline</p> <p>1:00 Pregnancy - Medical Pain Relief in Labor and Birth Plan - Daphne</p>	<p>9 10:00 ADHD - Hilary</p> <p>1:00 Budget 101/Buying a Car - Shelli</p>	<p>10 10:00 Relationships: Abuse, Addiction, Abandonment - Shelly</p> <p>1:00 Mom Fitness - Ashley (wear sneakers and bring a jacket)</p>
<p>13 1:00 Toddler Safety - Sarah R</p> <p>6:00 Screen Time - Anna Jane Zoom</p>	<p>14 9:00 Spanish Bible Study 10:15 Creating Kindness and Honesty - Sarah O - In Class and on Zoom Noon Lunchtime Bible Study 6:00 Finding a Job/Preparing for the Interview - Debbie Zoom</p>	<p>15 10:00 Melissa-Servicios de Guarderia de Calidad - Spanish - In Class and on Zoom 3:00 Fatherhood - TJ (All welcome) 6:00 F4 Men Only Fatherhood - TJ 6:00 Career or Job/ Success at Work - Debbie Zoom</p>	<p>16 10:00 Toddler Play - Abby - In Class and on Zoom</p> <p>1:00 Family Traditions - Sarah R</p>	<p>17 10:00 Toddler Nutrition - Caroline</p> <p>1:00 Self-care After Birth - Sarah R</p>
<p>20 1:00 Your Unborn Baby's World and What is Safe in Pregnancy - Anne 6:00 Infant Care and Hygiene - Anna Jane Zoom</p>	<p>21 9:00 Spanish Bible Study 10:15 Decisions - Victoria - In Class and on Zoom Noon Lunchtime Bible Study 1:30 Healthy Boundaries; Positive Partnerships for Women - Jen</p>	<p>22 10:00 Superior Health Plan - Miguel</p> <p>1:00 Étiquette 101 - Lois</p>	<p>23 10:00 Texas Health Steps - Liz</p> <p>1:00 Debt And Fighting the Impulse to Spend - Shelli</p>	<p>24 10:00 Emotions of Pregnancy and Nesting - Sarah O</p> <p>1:00 Mom Fitness - Ashley (wear sneakers and bring a jacket)</p>
<p>27 10:00 Right Care - Danielle</p> <p>1:00 Safe Pregnancy and Home Health - Anne</p>	<p>28 9:00 Spanish Bible Study 10:15 Adoption - Victoria - In Class and on Zoom Noon Lunchtime Bible Study 1:30 Going It Alone - Ashley (info on shelter, education, childcare, work etc. with a Case Mgr.)</p>	<p>29 10:00 Preparing for Labor and Delivery - Daphne</p> <p>2:00-5:00 CPR (Certification) - Tara</p>	<p>30 10:00 Car Seat Safety - Megan</p> <p>1:00 Contraception - Dr. Macik - In Class and on Zoom</p>	<p>31 10:00 Sids and Shaken Baby Syndrome - Josie</p> <p>1:00 Surviving Or Thriving at Home with Your Children - Abby</p>

<b>CATEGORY</b>	<b>DATE, TIME, TITLE</b>	<b>CATEGORY</b>	<b>DATE, TIME, TITLE</b>
<b>PREGNANCY CLASS</b>	3/1 1st Trimester Expectations - Jennifer 1:00 3/6 2nd Trimester Expectations - Josie 6:00 3/24 Emotions of Pregnancy - Sarah O 10:00	<b>NUTRITION</b>	3/6 Cooking on a Wic Budget - Sarah R 1:00 3/8 Mommy Nutrition - Caroline 10:00 3/17 Toddler Nutrition - Caroline 10:00
<b>CHILDBIRTH</b>	3/8 Labor Pain Relief and Birth Plan - Daphne 1:00 3/29 Labor and Delivery - Daphne 10:00	<b>INFANT CARE</b>	2/27 Connected Care Givers - Correction and Discipline - Hannah 10:00
<b>POSTPARTUM</b>	3/7 Postpartum Depression - Jennifer 1:30 3/17 Self Care After Birth - Sarah R 1:00	<b>CPR</b>	2/29 CPR - Tara 2:00-5:00
<b>SAFETY STARTS AT HOME</b>	3/13 Toddler Safety - Sarah R 10:00 3/27 Home Health - Anne 1:00	<b>CAR SEAT SAFETY</b>	3/30 Car Seat Safety - Megan 10:00
<b>BREASTFEEDING/ BOTTLE FEEDING</b>	3/3 Breastfeeding - Bre10:00 3/3 Bottle Feeding - Sarah 1:00	<b>PARENTING</b>	3/9 ADHD - Hilary 10:00 3/14 Creating Honesty and Kindness - Sarah O 10:00 3/15 Fatherhood - TJ 3:00   Men only class 6:00 3/16 Family Traditions - Sarah 1:00 3/20 Infant Care and Hygiene - Anna Jane 6:00 3/31 Surviving and Thriving at Home - Abby 1:30
<b>CHILD DEVELOPMENT</b>	3/1 I Can Do It Myself - Abby 10:00 3/2 Milestones 24-36 Months - Hilary 10:00 3/16 Toddler Play - Abby 10:00 3/20 Unborn Baby World - Anne 1:00	<b>FREE CHOICE</b>	2/27 Right Care - Daniela 10:00 2/28 Contraception - Dr. Macik 1:00 3/7 Decisions - Victoria 10:15
<b>SIDS / SBS</b>	3/31 SIDS / Shaken Baby Syndrome - Josie 10:00		3/10 Relationships Abuse - Shelly 10:00 3/10 Mom Fitness - Ashley - 1:00 3/21 Decisions - Victoria 10:15 3/24 Mom Fitness - Ashley 1:00
<b>ILLNESS &amp; IMMUNIZATIONS</b>	3/2 Immunizations - Dr. Hinds 1:30		3/21 Healthy Boundaries - Jennifer 1:30 3/22 Superior Health Plan - Miguel 10:00 3/23 Texas Health Steps - Liz 10:00
<b>SPANISH CLASSES</b>	3/15 Servicios de Guarderia de Calidad - Melissa 10:00		3/27 Right Care - Danielle 10:00 3/28 Adoption - Victoria 10:15 3/30 Contraception - Dr. Macik 1:00
<b>LIFE SKILLS</b>	2/27 Business Etiquette - Debbie 1:00 3/9 Buying a Car/Budget - Shelli 1:00 3/13 Screen Time - Anna Jane 6:00	<b>Life Skills cont</b>	3/14 Finding a Job - Debbie 6:00 3/15 Career or Job - Debbie 6:00 3/22 Etiquette 101 - Lois 1:00 3/23 Debt and Spending - Shelli 1:00 3/28 Going it Alone - Ashley 1:30