



800 W Waco Drive
Waco, TX 76701
254-772-8270

Childcare is provided.

All classes are offered in person
unless otherwise noted.

***Zoom Class: Link provided in newsletter.

****RSVP required for this class.
254-772-8270

APRIL 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 10:00 - 11:00 Texas Health Steps</p> <p>11:05 - 12:05 Preg. Mom Hacks - Sarah R</p> <p>1:00 Understanding your Ultrasound & Your Unborn Baby's World - Anne</p> <p>6:00 Finding a Job and Success at Work on ZOOM*** - Josie</p>	<p>4 9:00 Spanish Bible Study</p> <p>10:15 Toddler Safety - Anna Jane</p> <p>Noon Lunch Bible Study</p> <p>1:30 Postpartum Emotions - Jen (wear tennis shoes)</p>	<p>5 10:00 Infant Safety - Abby</p> <p>1:00 Budget 101 - Sarah R (we will actually build a budget in class)</p>	<p>6 10:00 Toddler Play - Hilary NO LUNCH BUNCH</p> <p>1:30 Spanish Toddler Safety In class and on Zoom*** - Elisa</p>	<p>7</p> <p>Good Friday - No Class</p> <p>Care Net is Closed Today</p>
<p>10 10:00 The Strong Willed Child/Child Anger - Lesley</p> <p>1:00 All About Childcare - Abby</p> <p>6:00 Getting Baby to Sleep and Night time Routines on Zoom*** - Anna Jane</p>	<p>11 9:00 Spanish Bible Study</p> <p>10:15 Bonding with your Unborn Baby/Importance of Bonding - Sarah O</p> <p>Noon Lunch Bible Study</p> <p>1:30 Cooking Healthy Meals on a WIC Budget - Sarah R</p>	<p>12 10:00 Eating for 2 - Caroline</p> <p>1:00 Labor and Delivery Natural and Medical Pain Relief - Daphne</p>	<p>13 10:00 Spending Time with Your Toddler - Hilary</p> <p>**Ms. Hilda from Texas Health Steps will be at Lunch Bunch to assist with Medicaid choices. 12:00 - 12:55</p> <p>1:00 Contraception - Dr. Macik In class and on Zoom***</p>	<p>14 10:00 Car Seat Safety - Megan</p> <p>1:00 Mommy Fitness - Ashley</p>
<p>17 10:00 What is Safe in Pregnancy? - Anne</p> <p>1:00 Domestic Family Violence/Helping Children Process Change - Shelly M.</p> <p>6:00 Understanding your Infant & Baby on the Move on ZOOM*** - Anna Jane</p>	<p>18 9:00 Spanish Bible Study</p> <p>10:15 Superior Health Plan - Miguel</p> <p>Noon Lunch Bible Study</p> <p>1:30 Human Trafficking Awareness/Unbound - Charlie</p> <p>5:00 Dinner Party - Etiquette101 - Lois RSVP required 254-772-8270</p>	<p>19 10:00 Trimester 3 Expectations and Training Your Birth Coach - Daphne</p> <p>1:00 SIDS and Shaken Baby Syndrome - Jen</p> <p>3:00 Fatherhood - TJ</p> <p>6:00 F-4 Fathers Fighting for Families - TJ (Men only)</p>	<p>20 10:00 Infant Care and Hygiene - Elisa</p> <p>1:00 Neighborhood Works - Finances and Steps to Buying a House -Virgen</p>	<p>21 10:00 Water Safety - Swim Kids Waco/Courtney</p> <p>1:00 Mom Nutrition and Meal Prep - Caroline</p>
<p>24 10:00 Taking Care of Yourself after Birth - Jen</p> <p>1:00 - 2:00 Right Care - Daniela</p> <p>6:00 Hygiene and Home Health on Zoom*** - Josie</p>	<p>25 9:00 Spanish Bible Study</p> <p>10:15 Adoption - Victoria In class and on Zoom ***</p> <p>Noon Lunch Bible Study</p> <p>1:30 Going it Alone - Ashley</p>	<p>26 10:00 Birth Academy 1&2 You are in Control/Your Body and Birth - Daphne</p> <p>2:00 CPR (Certification class) - Tara ****RSVP required 772-8270</p>	<p>27 10:00 Potty Training - Abby</p> <p>1:00 Infant Illness and Immunizations - Dr. Hinds</p> <p>6:00 Business Etiquette on Zoom*** - Debbie</p>	<p>28 10:00 Breastfeeding Basics - Bre</p> <p>1:00 Mommy Fitness - Ashley</p>

CATEGORY	DATE, TIME, TITLE	CATEGORY	DATE, TIME, TITLE
PREGNANCY CLASS	Preg Mom Hacks 4-3 11:05 - 12:05 Your Ultrasound and Your Unborn Baby's World 4-3 1:00 What is Safe in Pregnancy 4-17 10:00 Trimester 3 Expectations and Training Birth Coach 4-19 10:00 Birth Academy 1-2 You Are Not Alone/Your Body and Birth 4-26 10:00	NUTRITION	Healthy Meals on a Wic Budget 4-11 1:30 Eating for Two 4-12 10:00 Mom Nutrition and Meal Prep 4-21 1:00
CHILDBIRTH	Labor and Delivery & Natural and Medical Pain Relief 4-2 1:00 Trimester 3 Expectations and Training Birth Coach 4-19 10:00 Birth Academy 1-2 You Are Not Alone/Your Body and Birth 4-26 10:00	INFANT CARE	Infant Care and Hygiene 4-20 10:00 Getting Baby to Sleep and Nighttime Routines 4-10 6:00 Bonding with your Unborn Baby & The Importance of Bonding 4-11 10:15
POSTPARTUM	Postpartum Emotions 4-4 1:30 Taking Care of Yourself after Birth 4-24 10:00	CPR	CPR Certification Class 4-26 2:00 RSVP 254-772-8270
SAFETY STARTS AT HOME	Infant Safety 4-5 10:00 Domestic Family Violence & Helping Children Process Change 4-17 1:00 Toddler Safety 4-4 10:15 Human Trafficking Awareness 4-18 1:30 Water Safety 4-21 10:00 Home Health and Hygiene 4-24 6:00	CAR SEAT SAFETY	Car Seat Safety 4-14 10:00
BREASTFEEDING	Breastfeeding Basics 4-28 10:00	PARENTING	The Strong Willed Child/Child Anger 4-10 10:00 All About Childcare 4-10 1:00 Getting Baby to Sleep and Nighttime Routines 4-10 6:00 Bonding with your Unborn Baby & The Importance of Bonding 4-11 10:15 Spending Time with your Toddler 4-13 10:00 Fatherhood - All Welcome 4-19 3:00 F4 Fathers Fighting for Families 4-19 6:00 MEN ONLY
CHILD DEVELOPMENT	Toddler Play 4-6 10:00 Bonding with your Unborn Baby & The Importance of Bonding 4-11 10:15 Potty Training 4-27 10:00 Understanding your Infant & Baby on the Move 4-17 6:00	FREE CHOICE	Texas Health Steps 4-3 10:00 Contraception 4-13 1:00 Mommy Fitness 4-14 and 4-28 1:00 Superior Health Plan 4-18 10:15 Right Care 4/24 1:00 Adoption 4-25 10:15
SIDS / SBS	SIDS and Shaken Baby Syndrome 4-19 1:00	LIFE SKILLS	Finding a Job and Success at Work - Zoom 4/3 6:00 Budget 101 4-5 1:00 Etiquette 101 and Dinner Party 4-18 5:00 Neighborhood Works- Finances and Steps to Buying Your Own Home 4-20 1:00 Going It Alone 4-25 1:30 Business Etiquette 4-27 6:00
ILLNESS & IMMUNIZATIONS	Infant Illness and Immunizations 4-27 1:00		
SPANISH CLASSES	Toddler Safety in Spanish 4-6 1:30		