

MAY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 10:00 Connected Care Giver #1 - Hannah 1:00 Your Ultrasound/Unborn Baby's World - Anne 6:00 Josie - Siblings and Tantrums (On Zoom)</p>	<p>2 9:00 Spanish Bible Study 10:15 Nesting/ Emotions During Pregnancy - Sarah O Noon Lunch Bible Study 1:30 Pregnant Mom Hacks - Jennifer</p>	<p>3 10:00 Build Your Budget - Sarah R 1:00 Birth 2 Ways; Natural and C-Section - Daphne</p>	<p>4 10:00 Toddler Play - Hilary NO LUNCH BUNCH TODAY 1:30 Milestones 6-12 months - Abby</p>	<p>5 10:00 Preparing for Twins - Jennifer (Q & A with guest mom of twins) 1:00 Mommy Fitness - Ashley</p>
<p>8 10:00 Connected Care Giver #2 - Hannah 1:00 SIDS and SBS - Anne 6:00 Toddler Safety - Anna Jane (On Zoom)</p>	<p>9 9:00 Spanish Bible Study 10:15 Decisions Pt 1 - Victoria (On Zoom and in class) Noon Lunch Bible Study 1:30 What's Safe During Pregnancy - Anne</p>	<p>10 10:00 Birth Plan and Postpartum - Daphne 1:00 Mother's Day Class - Sarah R RSVP 254-772-8270</p>	<p>11 10:00 Importance of Words - Hilary NO LUNCH BUNCH TODAY 1:00 Mother's Day Class - Sarah RSVP 254-772-8270</p>	<p>12 10:00 Preventing Childhood Sexual Abuse - Shelly Mathews 1:00 Breastfeeding - Milk Storage/Troubleshooting-Bre</p>
<p>15 10:00 Connected Care Giver #3 - Hannah 1:00 Postpartum Care - Jennifer 6:00 Poison Control - Tommie (On Zoom)</p>	<p>16 Care Net Closed till Noon Noon Lunch Bible Study 1:30 How to Get Your Kids to Eat - Caroline</p>	<p>17 10:00 Beginning and Successful Breastfeeding - Daphne 1:00 Étiquette 101 - Lois 3:00 Fatherhood - TJ 6:00 F-4 Fathers Fighting for Families - TJ (This class is for Men only)</p>	<p>18 10:00 Neighborhood Works followed by Right Care - Virgen & Daniela No Lunch Bunch Today 1:30 - 3:30 Superior Baby Shower (Superior Pregnant clients only)</p>	<p>19 10:00 Potty Training - Abby 1:00 Quality Child Care/Mommy Work - Josie</p>
<p>22 10:00 Connected Care Giver #4 - Hannah 1:00 Cooking on a Wic Budget - Sarah R 6:00 Crying & Whining - Anna Jane (On Zoom)</p>	<p>23 9:00 Spanish Bible Study 10:15 Decisions pt 2 - Victoria Noon Lunch Bible Study 1:30 Contraception - Dr. Macik (On Zoom and in class)</p>	<p>24 10:00 Car Seat Safety - Megan 1:00 Infant Care and Hygiene - Anna Jane</p>	<p>25 10:00 Resources for Living - Ashley 1:00 Immunization and Childhood Illness - Dr Hinds</p>	<p>26 10:00 Family Routines - Abby 1:00 Eating for 2 - Caroline</p>
<p>29 Closed for Memorial Day</p>	<p>30 10:15 Adoption - Victoria (On Zoom and in class) 1:30 Superior Health Plan - Miguel</p>	<p>31 10:00 Importance of Bonding/Bonding with your Baby - Sarah O 2:00 CPR certification - Tara RSVP 254-772-8270</p>	<p>1</p>	<p>2</p>

CATEGORY	DATE, TIME, TITLE	CATEGORY	DATE, TIME, TITLE
PREGNANCY CLASS	Ultrasound & Unborn Baby's World 5/1 Nesting & Emotions During Pregnancy 5/2 Pregnant Mom Hacks 5/2 Preparing for Twins 5/5y What's Safe During Pregnancy 5/9 Eating for Two 5/26	NUTRITION	How to Get Your Kids to Eat 5/16 Cooking on a WIC Budget 5/22
CHILDBIRTH	Birth 2 Ways; C-Section and Natural Childbirth 5/3 Birth Plan & Postpartum 5/10	INFANT CARE	Quality Child Care 5/19 Infant Care and Hygiene 5/24 Eating for Two 5/26
POSTPARTUM	Birth Plan & Postpartum 5/10 Postpartum Care 5/15	CPR	CPR Certification 5/31
SAFETY STARTS AT HOME	Toddler Safety 5/8 Preventing Childhood Sexual Abuse 5/12 Poison Control 5/15 Contraception 5/23 Car Seat Safety 5/24 CPR 5/31	CAR SEAT SAFETY	Car Seat Safety 5/24
FREE CHOICE	Mommy Fitness 5/5, 5/12 Mother's Day Class 5/10, 5/11 Right Care 5/18 Superior Health Baby Shower 5/18 Adoption 5/30 Superior Health Plan 5/30	PARENTING	Connected Care Giver 5/1,5/8,5/15,5/22 Siblings & Tantrums 5/1 Toddler Play 5/4 Toddler Safety 5/8 Preventing Childhood Sexual Abuse 5/12 How to Get Your Kids to Eat 5/16 Fatherhood 5/17 F4 Fathers Fighting for Families 5/17 Potty Training 5/19 Crying and Whining 5/22 Surviving & Thriving/Routines 5/26 Bonding 5/31
CHILD DEVELOPMENT	Toddler Play 5/4 Milestones 6-12 months Bonding 5/31	ILLNESS & IMMUNIZATIONS	Illness and Immunizations 5/25
SIDS / SBS	SIDS and Shaken Baby Syndrome 5/8	BREASTFEEDING	Beginning and Successful Breastfeeding 5/17
LIFE SKILLS	Build Your Budget 5/3 Decisions part 1 5/9 Decisions part 2 5/23 Etiquette 101 5/17 Neighborhood Works 5/18 Cooking on a WIC Budget 5/22 Contraception 5/23 Going It Alone 5/25		