

September 2023				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>28 10:00 Nesting/Home Health – Josie</p> <p>1:00 Budget 101 – Sarah</p> <p>6:00 Milestones 15-24 Months – Isabelle (Zoom Only)</p>	<p>29 9:00 Spanish Bible Study & Breakfast 10:15 Decisions 2 – Victoria (In Class & On Zoom) Noon Bible Study & Lunch 1:30 Credit Cards/Credit Scores – Shelli</p>	<p>30 1:00 What's Safe in Pregnancy/ Prenatal Care - Anne (Zoom Only)</p>	<p>31 10:00 3rd Trimester & C-Section – Daphne</p> <p>1:00 Illnesses and Immunizations – Dr. Hinds</p>	<p>1 10:00 SIDS/SBS and Purple Crying – Jen</p> <p>1:00 CPR – Tara RSVP 254-772-8270</p>
<p>4 Closed for Labor Day</p>	<p>5 9:00 Spanish Bible Study 10:15 How to Get Your Kids to Eat – Sarah Noon Bible Study & Lunch 1:30 Contraception - Dr. Macik (In Class & On Zoom)</p>	<p>6 1:00 Creating Kindness and Honesty – Sarah (Zoom Only)</p>	<p>7 10:00 Birth Academy 1-2 You're in Control/Your Body and Birth – Daphne</p> <p>1:00 Twins – Jen & guest mom Angel</p>	<p>8 10:00 Tips for Successful Breastfeeding – Bre</p> <p>1:00 Baby 101 – Anna Jane & Sarah</p>
<p>11 10:00 Toddler Play – Hillary</p> <p>1:00 Postpartum Depression – Jen</p> <p>6:00 SIDS/SBS - Anna Jane (Zoom Only)</p>	<p>12 9:00 Spanish Bible Study 10:15 Decisions 3 – Victoria (In Class & On Zoom) Noon Bible Study & Lunch 1:30 Success at Work/Career or Job – Shelli</p>	<p>13 1:00 Breastfeeding: Beginning to Weaning – Sarah (Zoom Only)</p>	<p>14 10:00 Infant CPR – Abi This is a Zoom only class. You will not get certification with this class. No classes in the classroom today.</p> <p>Care Net Closes at 3:00 PM</p>	<p>15 10:00 Car Seat Safety – Megan</p> <p>1:00 Superior Health Plan – Miguel</p>
<p>18 10:00 ADHD – Hillary</p> <p>1:00 Toddler Safety – Josie</p> <p>6:00 Eating for Two – Caroline (Zoom Only)</p>	<p>19 9:00 Spanish Bible Study 10:15 Adoption – Victoria (In Class & On Zoom) Noon Bible Study & Lunch 1:30 Communication with your Child's Father – Becky</p>	<p>20 1:00 Domestic Family Violence – Family Abuse Center – Shay (Zoom Only)</p>	<p>21 No morning class today No Lunch Bunch</p> <p>1:00 Étiquette 101 – Lois 4:00 – 5:30 Fatherhood – TJ 6:00 – 8:00 F-4 – TJ</p>	<p>22 10:00 Eat Better/Feel Better – Caroline</p> <p>1:00 I Can Do It Myself & Your Child's Independence – Abby</p>
<p>25 10:00 Positive Partnership Boundaries – Josie 1:00 At Risk Pregnancy/What's Safe in Pregnancy – Jen 6:00 Car Seat Safety – Megan (Zoom Only)</p>	<p>26 9:00 Spanish Bible Study 10:15 Decisions 4 – Victoria (In Class & On Zoom) Noon Bible Study & Lunch 1:30 Creating Confidence & Motivation – Shelli</p>	<p>27 1:00 Teething/ Toddler Oral Hygiene – Sarah (Zoom Only)</p>	<p>28 10:00 Birth Academy 3-4 Pain, Natural Birth/Decision Making – Daphne</p> <p>1:00 Illnesses and Immunizations – Dr. Hinds</p>	<p>29 10:00 Breastfeeding: Solving Problems – Bre</p> <p>1:00 CPR – Tara</p>

CATEGORY	CLASS & DATE	CATEGORY	CLASS & DATE
PREGNANCY CLASS & CHILDBIRTH	Birth Academy 1 & 2 – 9/7 Twins – 7/7 At Risk Pregnancy/What's Safe? – 9/25 Birth Academy 3 & 4 – 9/28	NUTRITION	How to Get Your Kids to Eat – 9/5 Eating for Two – 9/18 (Zoom Only) Eat Better Feel Better – 9/22
ILLNESS & IMMUNIZATIONS	Illnesses and Immunizations – 9/28	INFANT CARE	Baby 101 – 9/8 Teething/Toddler Oral Hygiene – 9/27 (Zoom Only)
POSTPARTUM	Contraception and Birth Control – 9/5 (In class & on Zoom) Postpartum Depression – 9/11	CPR	Infant CPR – 9/14 (Zoom Only) – THIS IS NOT A CERTIFICATION CLASS; it will count for POMS. CPR (Certification Class) – 9/29
SAFETY STARTS AT HOME	Toddler Safety – 9/18 Infant CPR – 9/14 (Zoom Only) – THIS IS NOT A CERTIFICATION CLASS; it will count for POMS.	CAR SEAT SAFETY	Car Seat Safety – 9/15 (In class) Car Seat Safety – 9/25 (Zoom Only)
BREASTFEEDING	Successful Breastfeeding – 9/8 Breastfeeding: Beginning to Weaning – 9/13 (Zoom Only) Breastfeeding: Solving Problems – 9/29	PARENTING	Creating Kindness and Honesty – 9/6 (Zoom Only) Twins – 7/7 Toddler Play – 9/11 ADHD – 9/18 Fatherhood All Welcome – 9/21 4:00 F-4 Fatherhood (Men only) – 9/21 6:00 I Can Do It Myself – 9/22 Creating Confidence and Motivation – 9/26
CHILD DEVELOPMENT	Toddler Play – 9/11 ADHD – 9/18 I Can Do it Myself – 9/22	FREE CHOICE	Adoption – 9/19 online and in class Domestic Family Violence - Family Abuse Center – 9/20 Any class we offer can count as a free choice.
SIDS / SBS	SIDS / Shaken Baby Syndrome – 9/11 (Zoom Only)	LIFE SKILLS	Decisions 3 – 9/12 (In class & on Zoom) Success at Work/Work or Career – 9/12 Superior Health – 9/15 Communication with Your Child's Father – 9/19 Etiquette 101 – 9/21 Positive Partnership – 9/25 Decisions 4 – 9/26 (In class & on Zoom)