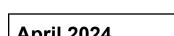
Zoom links are provided in the weekly newsletter.

Red - Zoom ONLY Blue - In class & on Zoom Orange - Spiritual content Green - Men's class



Pregnancy Center of Central Texas

| April 2024 | | | | | |
|--|---|--|--|--|--|
| Monday | Tuesday | Wednesday | Thursday | Friday | |
| 1 10:00 Mom Life 1:00 Postpartum Planning - Jen 6:00 Angry Child / Anger Management - Anna Jane Zoom | 2 MOMA 9:00 Spanish Bible Study 10:15 Adoption - Victoria Noon English Bible Study & Lunch 1:30 Connected Care Giver 1 - Hannah | 3 1:00 Care Net 101 - Sarah ZOOM | 4 10:00 Your 1st and 2nd Trimester - Daphne 1:00 Superior Health Plan - Miguel | 5 10:00 Time with Your Toddler - Cassandra 1:00 CPR - Lisa | |
| 8 Care Net is Closed | 9 9:00 Spanish Bible Study 10:15 Decisions 2 - Victoria Noon English Bible Study & Lunch 1:30 Connected Care Giver 2 - Hannah | 10 1:00 Superior Health Plan - Miguel ZOOM | 11 10:00 Pregnant Mom Hacks - Sarah 1:00 Étiquette 101 - Lois | 12 10:00 Tantrums - Abby 1:00 McLennan Community College and GED Info - Brian | |
| 15 10:00 Beginning Breast Feeding - Bre 1:00 Going It Alone - Jen 6:00 Milestones 12-18 Months - Isabelle Zoom | 16 MOME 9:00 Spanish Bible Study 10:15 Decisions 3 - Victoria Noon English Bible Study & Lunch 1:30 Contraception & Birth Control - Dr. Macik | 17 1:00 Eat Better Feel Better - Caroline Zoom | 18 10:00 Getting Ready for Labor & Delivery/Training your Birth Coach/Writing a Birth Plan - Daphne 1:00 Toddler Safety - Sarah 6:00 Fatherhood - Kyle | 19 10:00 Car Seat Safety - Megan 1:00 Siblings - Hillary | |
| 22 10:00 Mom Life 1:00 SIDS/SBS - Cassandra 6:00 Mommy & Infant Nutrition - Josie Zoom | 23 MOT 9:00 Spanish Bible Study 10:15 Milestones 18-36 - Abby Noon English Bible Study & Lunch 1:30 Connected Care Giver 3 - Hannah | 24 1:00 Childcare Choices - Cassandra Zoom | 25 10:00 Milestones 0-6 Months - Elizabeth 1:00 Illness & Immunizations - Dr. Hinds | 26 10:00 Family Night Fun - Sarah 1:00 Baby 101 - Anna Jane | |
| 29 10:00 Solving Problems in Breast Feeding - Bre 1:00 Finding a Job/Preparing for the Interview - Shelli 6:00 Screen Time - Anna Jane Zoom | 30 MOK 9:00 Spanish Bible Study 10:15 Your Child's Temperament- Abby Noon- English Bible Study & Lunch 1:30 Connected Care Giver 4 - Hannah | | | | |

| CATEGORY | CLASS & DATE | CATEGORY | CLASS & DATE |
|----------------------------|---|--------------------|--|
| PREGNANCY & CHILDBIRTH | 1st & 2nd Trimester 4/4 Pregnant Mom Hacks 4/11 Labor, Birth Coach, Birth Plan 4/18 | NUTRITION | Eat Better, Feel Better 4/17 ZOOM Mommy & Infant Nutrition 4/22 ZOOM |
| ILLNESS & IMMUNIZATIONS | Illnesses and Immuninizations 4/25 | INFANT CARE | Connected Care Giver 1 4/2 Connected Care Giver 2 4/9 Connected Care Giver 3 4/23 Connected Care Giver 4 4/30 Baby 101 4/26 |
| POSTPARTUM | Postpartum Planning 4/1 | CPR | CPR - Certification class 4/5 |
| SAFETY STARTS AT HOME | CPR 4/5 Toddler Safety 4/18 | CAR SEAT SAFETY | Car Seat Safety 4/19 |
| CHILD DEVELOPMENT | Connected Care Giver 1 4/2 Connected Care Giver 2 4/9 Connected Care Giver 3 4/23 Connected Care Giver 4 4/30 Milestones 12-18 mths 4/15 ZOOM Milestones 18-36 mths 4/23 Hybrid Milestones 0-6 mths 4/25 Your Child's Temperament 4/30 Hybrid | PARENTING | Connected Care Giver 1 4/2 Connected Care Giver 2 4/9 Connected Care Giver 3 4/23 Connected Care Giver 4 4/30 Angry Child/Anger Management 4/1 ZOOM Adoptions 4/2 HYBRID Time with your Toddler 4/5 |
| BREASTFEEDING | Beginning Breastfeeding 4/15 Problem Solving in Breastfeeding 4/29 | SIDS / SBS | SIDS/ Shaken Baby Syndrome 4/22 |
| PARENTING | Tantrums 4/12 Toddler Safety 4/18 Fatherhood 4/18 Siblings 4/19 Childcare Choices 4/24 ZOOM Family Fun Night 4/26 Your Child's Temperament 4/30 Hybrid | LIFE SKILLS | Care Net 101 4/3 ZOOM Superior Health Plan 4/4 IN CLASS CPR 4/5 Decisions 2 4/9 Superior Health Care 4/10 ZOOM Etiquette 101 4/11 McLennan Community College & GED 4/12 Going It Alone 4/15 Decisions 3 4/16 Contraception & Birth Control 4/16 Hybrid Finding a Job/Preparing for an Interview 4/29 Screen Time 4/29 ZOOM |