

May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>29 10:00 Solving Problems in Breastfeeding - Bre 1:00 Finding a Job/Preparing for the Interview - Shelli 6:00 Screen Time - Anna Jane (Zoom Only)</p>	<p>30 9:00 Spanish Bible Study 10:15 Your Child's Temperament (In class & on Zoom) Noon English Bible Study & Lunch 1:30 Connected Care Giver 4 - Hannah</p>	<p>1 No Classes Today</p>	<p>2 10:00 Anger Management for Adults - Cassandra 1:00 Creating Motivation & Confidence in Your Kids - Sarah</p>	<p>3 10:00 Strong-Willed Child / Whining - Abby 1:00 Postpartum Depression / Caring for Yourself After Birth - Cassandra</p>
<p>6 10:00 Beginning Breastfeeding - Bre (Receive a Superior Gift Bag) 1:00 CPR (Certification) - Morgan RSVP 254-772-8270 LIMIT 9 participants 6:00 Unborn Baby's Secret World / Your Ultrasound - Anne (Zoom Only)</p>	<p>7 9:00 Spanish Bible Study 10:15 Importance of Words/Silent Treatment - Abby Noon English Bible Study & Lunch 1:30 Budgeting 101/Your Financial Future - Shelli</p>	<p>8 Care Net is closed today.</p>	<p>9 10:00 3rd Trimester/Labor Expectations - Daphne & Josie 1:00 Decisions 4 - Victoria</p>	<p>10 10:00 Successful Breastfeeding - Mary (Receive a Superior Gift Bag) 1:00 Mother's Day Class RSVP 254-772-8270 Limit 12</p>
<p>13 10:00 Mom Life 1:00 Creating Honesty & Kindness in Your Kids - Jen 6:00 Poison Control - Anna Jane (Zoom Only)</p>	<p>14 9:00 Spanish Bible Study 10:15 The Truth about Pornography - Elizabeth A. (In class & on Zoom) Noon English Bible Study & Lunch 1:30 Kids' Oral Hygiene - Dr. Perschke</p>	<p>15 No Classes Today</p>	<p>16 10:00 Labor & Delivery - Medical Pain Relief VS Natural Pain Relief - Daphne & Josie 1:00 Adoption - Victoria (In class & on Zoom) 6:00 Fatherhood - Kyle</p>	<p>17 10:00 Problems & Solutions in Breastfeeding - Bre (Receive a Superior Gift Bag) 1:00 ADHD - Hillary</p>
<p>20 10:00 Mom Life 1:00 Car Seat Safety - Megan 6:00 Toddler Nutrition - Caroline (Zoom Only)</p>	<p>21 9:00 Spanish Bible Study 10:15 Decisions 1 - Victoria Noon English Bible Study & Lunch 1:30 Contraception - Dr. Macik (In class & on Zoom)</p>	<p>22 10:00 Prenatal Care / Emotions of Pregnancy - Josie (Zoom Only) 1:00 Toddler Safety & Accidents - Sarah (Zoom Only)</p>	<p>23 10:00 Étiquette 101 - Lois 1:00 Illnesses & Immunizations - Dr. Hinds</p>	<p>24 11:00 -12:30 Superior Member Advisory Day Superior Members Only Lunch included RSVP 254-7728270 1:00 Normal Sexual Behavior in Children - Abby</p>
<p>27 Closed for Memorial Day</p>	<p>28 9:00 Spanish Bible Study 10:45 Neighbor Works - Virgen Noon English Bible Study & Lunch 1:30 Eat Better, Feel Better - Caroline</p>	<p>29 10:00 What's Safe in Pregnancy - Josie (Zoom Only) 1:00 Caring for Yourself After Birth - Cassandra (Zoom Only)</p>	<p>30 10:00 0-6 Months Milestones - Elizabeth T 1:00 Connected Care Giver 1 - Hannah</p>	<p>31 10:00 Water Safety - Courtney 1:00 Baby 101 - Anna Jane</p>

CATEGORY	CLASS & DATE	CATEGORY	CLASS & DATE
PREGNANCY & CHILDBIRTH	5/6 Your Unborn Baby's Word/Ultrasound (Zoom) 5/9 3rd Trimester/Labor Expectations 5/16 Labor & Delivery; Medical Pain Relief & Natural Pain Relief 5/22 Prenatal Care/Emotions of Pregnancy 5/29 What's Safe in Pregnancy	FREE CHOICE	5/10 Mother's Day Class RSVP limit 12 254-772-8270 5/16 Adoption (In class & on Zoom) 5/24 Superior (Member Advisory Day) Must be a Superior client RSVP 254-772-8270 Limit 18 STARTS 11:00
ILLNESS & IMMUNIZATIONS	5/23 Illness & Immunizations	CAR SEAT SAFETY	5/20 Car Seat Safety
POSTPARTUM	5/3 Postpartum Depression/Caring for Yourself After Birth 5/29 Caring for Yourself After Birth	CPR	5/6 CPR (Certification Class)
SAFETY STARTS AT HOME	5/6 CPR certification class 5/13 Poison Control (Zoom) 5/22 Toddler Safety & Accidents 5/31 Water Safety	INFANT CARE	5/30 Milestones 0-6 5/30 Connected Care Giver 1 5/31 Baby 101
LIFE SKILLS	5/2 Anger Management 5/7 Budgeting 101/Your Financial Future 5/9 Decisions 4 5/14 The Truth about Pornography 5/21 Decisions 1 5/21 Contraception (In class & on Zoom) 5/23 Etiquette 101 5/28 Neighbor Works (Note class starts at 10:45)	PARENTING	5/2 Anger Management 5/2 Creating Motivation & Confidence in Your Kids 5/3 Strong-Willed Child/Whining 5/7 Importance of Words/Silent Treatment 5/13 Creating Honesty and Kindness in Your Kids 5/14 Infant and Toddler Oral Hygiene 5/16 Fatherhood 5/17 ADHD 5/22 Toddler Safety 5/24 Sexual Behavior in Children 5/30 Connected Care Giver 1
CHILD DEVELOPMENT	5/30 Milestones 0-6 months 5/30 Connected Care Giver 1	NUTRITION	5/20 Toddler Nutrition (Zoom) 5/28 Eat Better, Feel Better
SIDS / SBS	5/8 SIDS/Shaken Baby Syndrome (Zoom)	BREASTFEEDING	5/6 Beginning Breastfeeding 5/8 Breastfeeding and Weaning (Zoom) 5/10 Successful Breastfeeding 5/17 Problems & Solutions in Breastfeeding