



**ATTENTION**  
 \*\*\*To attend Comfort Measures 4 Labor ~or~ Pregnancy 101 Classes **MUST** Be Pregnant.  
 To attend Breastfeeding Class **Must** be Breastfeeding **or** Interested in Breastfeeding...

MON	Tuesday	WED	Thursday
	 <p style="color: magenta; font-weight: bold;">Care Parenting Center          1205 South Pointe Parkway          Shreveport, LA 71105          318-861-3232</p>		 
<p>3. <b>OPEN</b> 9:30 – 4:30</p> 	<p><b>12:00 Pregnancy 101</b> – “Medical Pain Relief, Interv. &amp; Proc” 4. - Ms. Jesikah (4 Merits)</p> <p><b>1:10 Parenting Life Skills Video: “Mommy Work”</b> - Ms. Jesikah (5-Merits)</p> <p><b>2:15 Power House Parenting: “Toddler Development Milestones 24-36”</b> Ms. Jesikah (4) Merits</p> 	<p>5. <b>SPANISH CLASS</b> 11:00 &amp; 12:00</p>	<p><b>11:00 Comfort Measures ~4~ Labor</b> – Ms. Pam (4 Merits) 6.</p> <p><b>12:00 Breast Feeding</b> - Ms. Brenda (4 Merits)</p> <p><b>1:10 Parenting Video Class – “Taking Care of Hygiene”</b> Mr. David (5 Merits) <b>1 - GWV + 1 Wipes</b> Check!</p> 
<p>10. <b>OPEN</b> 9:30 – 4:30</p>	 <div style="border: 2px solid red; padding: 5px; text-align: center; color: red; font-weight: bold;"> <p><b>Relationship Empowerment Workshop</b>  <b>Topic: Boundaries &amp; Red Flags</b>  <b>1:10 – 2:30 p.m.</b>  <b>- 8 Merits</b>  <b>-1 Goodwill Voucher</b></p> <p style="background-color: yellow; display: inline-block; padding: 2px;">You Must Register For This Event</p> </div>	<p>12. <b>SPANISH CLASS</b> 11:00 &amp; 12:00</p>	<p>13. <b>11:00 Comfort Measures ~4~ Labor</b> – Ms. Pam (4 Merits)</p> <p><b>12:00 Breast Feeding</b> - Ms. Brenda (4 Merits)</p> <p><b>1:10 Parenting Video Class – “Screen Time and You”</b> Mr. David (5 Merits) <b>1- GWV</b></p> 
<p>17. <b>OPEN</b> 9:30 – 4:30</p> 	<p><b>12:00 Pregnancy 101</b> – “Planning For Birth” 18. - Ms. Katherine (4 Merits)</p> <p><b>1:10 Parenting Life Skills Video: “Being A Super Mom”</b> - Ms. Katherine (5-Merits)</p> <p><b>2:15 Power House Parenting: “Potty Training”</b> - Ms. Katherine (4) Merits</p> 	<p>19. <b>SPANISH CLASS</b> 11:00 &amp; 12:00</p>	<p>20. <b>11:00 Comfort Measures ~4~ Labor</b> – Ms. Pam (4 Merits)</p> <p><b>12:00 Breast Feeding</b> - Ms. Brenda (4 Merits)</p> <p><b>1:10 Parenting Video Class – “Depression and Suicide”</b> Mr. David (5 Merits) <b>1- GWV</b></p> 
<p>24. <b>OPEN</b> 9:30 – 4:30</p> 	<p><b>12:00 Pregnancy 101</b> – “Postpartum” 25. - Ms. Jesikah (4 Merits)</p> <p><b>1:10 Parenting Life Skills Video: “Car Seat Safety”</b> - Ms. Jesikah (5-Merits)</p> <p><b>2:15 Power House Parenting: “Tantrums”</b> - Ms. Jesikah (4) Merits</p> 	<p>26. <b>SPANISH CLASS</b> 11:00 &amp; 12:00</p>	<div style="border: 2px solid red; padding: 10px; text-align: center;"> <p><b>CPR Certification Course</b>  <b>“FREE”</b>  <b>11:00 – 1:30 p.m.</b>  <b>You MUST Sign Up.</b>  <b>You will receive cards by email.</b></p> </div>  