



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...
NOEXCEPTIONS!

MON	Tuesday	WED	Thursday
	 <p>Care Parenting Center 1205 South Pointe Parkway Shreveport, LA 71105 318-861-3232</p>	<p>1.</p>	<p>2.</p>
	<p style="text-align: center;">Happy New Year!! We are closed New Year's Eve & New Year's Day!</p>		<p>11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits) (Admin)</p> <p>12:00 Breast Feeding - Ms. Brenda - (4 Merits) (Admin)</p> <p>1:10 Parenting Video Series: “Admin” - Mr. David (5 – Merits)</p> 
<p>6.</p> <p>OPEN</p> <p>9:30 – 4:30</p> 	<p>12:00 Pregnancy 101 – “You Are In Control” 7. - Ms. Jesikah (4 Merits)</p> <p>1:10 Parenting Life Skills Video: “Leman Secrets For Enjoying” - Ms. Jesikah (5-Merits)</p> <p>2:15 Power House Parenting: “Toddler Mommy Milestones”</p> 	<p>8.</p> <p>OPEN</p> <p>9:30 – 4:30</p> <p>SPANISH CLASS</p> <p>11:00 & 12</p>	<p>11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits) 9.</p> <p>12:00 Breast Feeding - Ms. Brenda - (4 Merits)</p> <p>1:10 Parenting Video Series: “Check Your Attitude” - Mr. David (5 – Merits) 1-GWV</p>  
<p>13.</p> <p>OPEN</p> <p>9:30 – 4:30</p>	<p>12:00 Pregnancy 101 – “Your Body and Birth” 14. - Ms. Katherine (4 Merits)</p> <p>1:10 Parenting Life Skills Video: “The Amazing Race” - Ms. Katherine (5-Merits)</p> <p>2:15 Power House Parenting: “Toddler Dev. Milestones 12-15”</p> 	<p>15.</p> <p>OPEN</p> <p>9:30 – 4:30</p> <p>SPANISH CLASS</p> <p>11:00 & 12</p>	<p>11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits) 16.</p> <p>12:00 Breast Feeding - Ms. Brenda - (4 Merits)</p> <p>1:10 Parenting Video Series: “Co-Parenting Communication” - Mr. David (5 – Merits) 1- GWV</p> 
<p>20.</p> <p>WE ARE CLOSED</p> 	<p>12:00 Pregnancy 101 – “Pain and Natural Birth” 21. - Ms. Jesikah (4 Merits)</p> <p>1:10 Parenting Life Skills Video: “Standing Up To Tech.” - Ms. Jesikah (5-Merits)</p> <p>2:15 Power House Parenting: “Toddler Dev. Milestones 15 -18”</p> 	<p>22.</p> <p>OPEN</p> <p>9:30 – 4:30</p> <p>SPANISH CLASS</p> <p>11:00 & 12</p>	<p>11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits) 23.</p> <p>12:00 Breast Feeding - Ms. Brenda - (4 Merits)</p> <p>1:10 Parenting Video Series: “Meeting & Handling The Handoff” - Mr. David (5 – Merits) 1-GWV</p> 
<p>27.</p> <p>OPEN</p> <p>9:30 – 4:30</p> 	<p>12:00 Pregnancy 101 – “B.R.A.I.N. and Decision Making” 28. - Ms. Katherine (4 Merits)</p> <p>1:10 Parenting Life Skills Video: “Birth Order” - Ms. Katherine (5-Merits)</p> <p>2:15 Power House Parenting: “Toddler Dev. Milestones 18 – 24”</p> 	<p>29.</p> <p>OPEN</p> <p>9:30 – 4:30</p> <p>SPANISH CLASS</p> <p>11:00 & 12</p>	<p>11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits) 30.</p> <p>12:00 Breast Feeding - Ms. Brenda - (4 Merits)</p> <p>1:10 Parenting Video Series: “Understanding Your Child’s Personality” - Mr. David (5 – Merits) 1- GWV</p>  