



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... **NO EXCEPTIONS!**

MON	Tuesday	WED	Thursday
<p>1. 12:00 Pregnancy 101 – “Infant Hygiene” - Ms. Katherine (4 Merits)</p> <p>1:10 Special Sessions: “Let’s Talk About Sex!” -Ms. Crystal (8 Merits + 1 Pkg. Wipes + 1 Door Prize Drawn)</p> <p>2:15 Power House Parenting – “10 Best Gifts To Give Kids” - Ms. Katherine (4 – Merits)</p> <p>facebook f Instagram</p>	<p>2.</p>	<p>3. OPEN 9:30 – 4:30</p> 	<p>4. WE WILL BE CLOSED FOR THE 4TH OF JULY</p> 
<p>8. OPEN 9:30 – 4:30</p> <p>12:00 Pregnancy 101 – “Simple Infant Care” - Ms. Jesikah (4 Merits)</p> <p>1:10 Special Sessions: “Let’s Talk About Sex!” -Ms. Crystal (8 Merits + 1 Pkg. Wipes + 1 Door Prize Drawn)</p> <p>2:15 Power House Parenting – “How To Listen/Talk To Kids” - Ms. Jesikah (4 – Merits)</p>	<p>9.</p>	<p>10. OPEN 9:30 – 4:30</p> 	<p>11. 11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits)</p> <p>12:00 Breast Feeding - Ms. Brenda (4 Merits)</p> <p>1:10 Special Summer Session “Unraveled Roots” “The Root of Addiction” - Ms. Susan (8 Merits + 1 GWV + 1 Diapers)</p> 
<p>15. OPEN 9:30 – 4:30</p>  <p>12:00 Pregnancy 101 – “Taking Care of Yourself After Birth” 16 - Ms. Katherine (4 Merits)</p> <p>1:10 Special Sessions: “Let’s Talk About Sex!” -Ms. Crystal (8 Merits + 1 Pkg. Wipes + 1 Door Prize Drawn)</p> <p>2:30 If you completed the “Let’s Talk About Sex” series. There will be Burgers & Hot dogs!</p> 	<p>17.</p>	<p>17. OPEN 9:30 – 4:30</p> 	<p>12. 11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits)</p> <p>12:00 Breast Feeding - Ms. Brenda (4 Merits)</p> <p>1:10 Special Summer Session “Unraveled Roots” “The Root of Abuse” - Ms. Susan (8 Merits + 1 GWV + 1 Diapers)</p>
<p>22. OPEN 9:30 – 4:30</p> <p>12:00 Pregnancy 101 – “Postpartum Depression” 23. - Ms. Jesikah (4 Merits)</p> <p>1:10 Special Sessions: “Anger Management” -Ms. Jesikah (5 Merits)</p> <p>2:15 Power House Parenting – “Discipline Isn’t Spelled Punishment” - Ms. Jesikah (4 – Merits)</p>	<p>24.</p>	<p>24. OPEN 9:30 – 4:30</p> 	<p>25. 11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits)</p> <p>12:00 Breast Feeding - Ms. Brenda (4 Merits)</p> <p>1:10 Special Summer Session “Unraveled Roots” “The Root of Codependency” - Ms. Susan (8 Merits + 1 GWV + 1 Diapers)</p>
<p>29. OPEN 9:30 – 4:30</p>  <p>12:00 Pregnancy 101 – “Going At It Alone” 30. - Ms. Katherine (4 Merits)</p> <p>1:10 Special Sessions: “Child Abuse & Neglect” -Ms. Katherine (5 Merits)</p> <p>2:15 Power House Parenting – “Improve Your Child’s Self Confidence” - Ms. Katherine (4 – Merits)</p>	<p>31.</p>	<p>31.</p> 	<p>CARE Parenting Center 1205 South Pointe Parkway Shreveport, LA 71105 318-861-3232</p> 