



Attention

***To attend Comfort Measures 4 Labor ~or~ Pregnancy 101 Classes **MUST** be pregnant. To attend Breastfeeding class **YOU** must be breastfeeding or interested.
NO EXCEPTIONS!

MON	Tuesday	WED	Thursday
	 <p>Care Parenting Center 1205 South Pointe Parkway Shreveport, LA 71105 318-861-3232</p> 		
<p>4.</p> <p>OPEN</p> <p>9:30 – 4:30</p>	<p>12:00 Pregnancy 101 – “Prenatal Care” - Ms. Jesikah (4 Merits)</p> <p>1:10 “Kickin It With Kierra / Biblical Literacy” - Ms. Kierra (5 Merits)</p> <p>2:15 Power House Parenting – “Toddler Dev. Milestones 24-36” - Ms. Jesikah (4 Merits)</p>	<p>5.</p> <p>OPEN</p> <p>9:30 – 4:30</p> 	<p>7.</p> <p>11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits)</p> <p>12:00 Breast Feeding - Ms. Brenda - (4 Merits)</p> <p>1:10 Life Skills: “Creating Kindness” - Mr. David (5 Merits)</p> 
<p>11.</p> <p>OPEN</p> <p>9:30 – 4:30</p>	<p>12:00 Pregnancy 101 – “Eating For Two” - Ms. Katherine (4 Merits)</p> <p>1:10 “Kickin It With Kierra / Biblical Literacy” - Ms. Kierra (5 Merits)</p> <p>2:15 Power House Parenting – “Potty Training” - Ms. Katherine (4 Merits)</p>	<p>12.</p> <p>OPEN</p> <p>9:30 – 4:30</p> 	<p>14.</p> <p>11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits)</p> <p>12:00 Breast Feeding - Ms. Brenda - (4 Merits)</p> <p>1:10 Life Skills: “Creating Confidence” - Mr. David (5 Merits)</p>
<p>18.</p> <p>OPEN</p> <p>9:30 – 4:30</p>	<p>12:00 Pregnancy 101 – “Your Ultrasound Appointment” -Ms. Jesikah (4 Merits)</p> <p>1:10 “Kickin It With Kierra / Biblical Literacy” - Ms. Kierra (5 Merits)</p> <p>2:15 Power House Parenting – “Tantrums” - Ms. Jesikah (4 Merits)</p>	<p>19.</p> <p>OPEN</p> <p>9:30 – 4:30</p> 	<p>21.</p> <p>11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits)</p> <p>12:00 Breast Feeding - Ms. Brenda - (4 Merits)</p> <p>1:10 Life Skills: “ADD/ADHD” - Mr. David (5 Merits)</p>
<p>25.</p> <p>OPEN</p> <p>9:30 – 4:30</p> 	<p>12:00 Pregnancy 101 – “Emotions of Pregnancy” - Ms. Katherine (4 Merits)</p> <p>1:10 “Kickin It With Kierra / Biblical Literacy” - Ms. Kierra (5 Merits)</p> <p>2:15 Power House Parenting – “Whining” - Ms. Katherine (4 Merits)</p> 	<p>26.</p> <p>OPEN</p> <p>9:30 – 4:30</p>	<p>28.</p> <p>11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits)</p> <p>12:00 Breast Feeding - Ms. Brenda (4 Merits)</p> <p>1:10 Life-Skills Class: “Autism” - Mr. David (5 Merits)</p> 