



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
facebook   Instagram OPEN 9:30 – 4:30	12:00 Pregnancy 101: “Mommy Nutrition” 3. - Ms. Crystal (4 Merits) 1:10 Parenting Life Skills Video: “Preventing Child Sexual Abuse” - Ms. Katherine (5 Merits) 2:15 Power House Parenting: “Whining” - Ms. Katherine (4 Merits) 	4. OPEN 9:30 – 4:30	11:00 Comfort Measures ~4~ Labor: Ms. Pam (4 Merits) 5. 12:00 Breast Feeding: Ms. Brenda - (4 Merits) 1:10 Parenting Life Skills: “Critical Issues (SM)” - Mr. David (5 Merits) 
9. OPEN 9:30 – 4:30	12:00 Pregnancy 101: “SIDS” 10. - Ms. Crystal (4 Merits) 1:10 Parenting Life Skills Video: “Abuse, Addict, Aban (SM)” - Ms. Jesikah (5 Merits) 2:15 Power House Parenting: “Being A Super Mom” - Ms. Jesikah (4 Merits) 	11. OPEN 9:30 – 4:30	11:00 Comfort Measures ~4~ Labor: Ms. Pam (4 Merits) 12. 12:00 Breast Feeding: Ms. Brenda - (4 Merits) 1:10 Parenting Life Skills: “Depression and Suicide” - Mr. David (5 Merits) 1-Package of Wipes
16. OPEN 9:30 – 4:30 	12:00 Pregnancy 101: “Child Immunizations” 17. - Ms. Crystal (4 Merits) 1:10 Parenting Life Skills Video: “Beyond Child Support (SM)” - Ms. Katherine (5 Merits) 2:15 Power House Parenting: “Siblings” - Ms. Katherine (4 Merits) 	18. OPEN 9:30 – 4:30	11:00 Comfort Measures ~4~ Labor: Ms. Pam (4 Merits) 19. 12:00 Breast Feeding: Ms. Brenda - (4 Merits) 1:10 Parenting Life Skills: “Anger Management” - Mr. David (5 Merits) 1- Pkg. of Diapers 
23. OPEN 9:30 – 4:30	12:00 Pregnancy 101: “Infant Nutrition” 24. -Ms. Crystal (4 Merits) 1:10 Parenting Life Skills Video: “Dating & Remarriage” - Ms. Jesikah (5 Merits) 2:15 Power House Parenting: “Sleep, Bedtimes, Mornings” - Ms. Jesikah (4 Merits)	25. OPEN 9:30 – 4:30	 <div style="border: 1px solid green; padding: 5px; text-align: center;"> <p>Movie Day! 11:00 – 1:30 p.m. A fun and relaxing day with snacks and lots of surprises! YOU must sign-up! 8-Merits</p> </div>
30. OPEN 9:30 – 4:30 	12:00 Pregnancy 101: “Newborn Sickness” 31. - Ms. Crystal (4 Merits) 1:10 Parenting Life Skills Video: “Meeting & Handling The Hand-Off” - Ms. Katherine (5 Merits) 2:15 Power House Parenting: “Bonding with Your Toddler” - Ms. Katherine (4 Merits)	 <div style="text-align: center;"> <p>Care Parenting Center 1205 South Pointe Parkway Shreveport, LA 71105 318-861-3232</p> </div> 	