



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
1. OPEN 9:30 – 4:30 	12:00 Pregnancy 101 – “Eating For Two” 2. Ms. Nastarsha (4 Merits) 1:10 Video Series: “Infant Expectations 9 – 12 Months” – Ms. Jesikah (5 Merits) 2:15 Power House Parenting – “Creating Motivation” - Ms. Jesikah (4 – Merits)	3. SPANISH CLASS 12 / 1:00	4. 11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits) 12:00 Breast Feeding - Ms. Brenda (4 Merits) 1:10 Parenting Video Class – “Domestic Violence” -Mr. David (5 Merits) 1- Pkg. of Diapers & 1-GWV 
8. OPEN 9:30 – 4:30	9. 12:00 Pregnancy 101 – “Your Ultrasound Appointment” Ms. Nastarsha (4 Merits) 1:10 Video Series: “Advice From Birth Moms” – Ms. Katherine (5 Merits) 2:15 Power House Parenting – “Creating Honesty” - Ms. Katherine (4 – Merits)	10. SPANISH CLASS 12 / 1:00	11. 11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits) 12:00 Breast Feeding - Ms. Brenda (4 Merits) 1:10 Parenting Video Class – “Child Abuse and Neglect” -Mr. David (5 Merits) 1- Pkg. of Diapers (You must have completed the 1 class to receive diapers) & 1-GWV
15. OPEN 9:30 – 4:30	16. 12:00 Pregnancy 101 – “Third Trimester Expectations” Ms. Nastarsha (4 Merits) 1:10 Video Series: “Courtney’s Story” – Ms. Jesikah (5 Merits) 2:15 Power House Parenting – “Creating Courage” - Ms. Jesikah (4 – Merits) 	17. SPANISH CLASS 12 / 1:00	18. 11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits) 12:00 Breast Feeding - Ms. Brenda (4 Merits) 1:10 Parenting Video Class – “Anger Management” -Mr. David (5 Merits) 1- Pkg. of Diapers (You must have completed first 2 classes to receive diapers) & 1-GWV
22. OPEN 9:30 – 4:30 	23. 12:00 Pregnancy 101 – “Emotions of Pregnancy” Ms. Nastarsha (4 Merits) 1:10 Video Series: “Hillary’s Story” – Ms. Katherine (5 Merits) 2:15 Power House Parenting – “Creating Kindness” - Ms. Katherine (4 – Merits)	24. SPANISH CLASS 12 / 1:00	25. 11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits) 12:00 Breast Feeding - Ms. Brenda (4 Merits) 1:10 Parenting Video Class – “Depression & Suicide” -Mr. David (5 Merits) 1- Pkg. of Diapers (You must have completed first 3 classes to receive diapers) & 1-GWV 
29. 	30. 12:00 Pregnancy 101 – “The Final Stretch” Ms. Nastarsha (4 Merits) 1:10 Video Series: “Morgan’s Story” – Ms. Jesikah (5 Merits) 2:15 Power House Parenting – “Creating Confidence” - Ms. Jesikah (4 – Merits) 	31. SPANISH CLASS 12 / 1:00	 <p style="text-align: center;"> CARE Parenting Center 1205 South Pointe Parkway Shreveport, LA 71105 318-861-3232 </p> 