



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>CARE Parenting Center 1205 South Pointe Parkway Shreveport, LA 71105 318-861-3232</p>	 	
<p>4. OPEN 9:30 – 4:30</p>	<p>12:00 Pregnancy 101: “Labor & Delivery Getting Ready” 5. Ms. Crystal (4 Merits)</p> <p>1:10 Parenting Life Skills Video: “Autism” - Ms. Jesikah (5 Merits)</p> <p>2:15 Power House Parenting: “Toddler Accidents” - Ms. Jesikah (4 Merits)</p>	<p>6. OPEN 9:30 – 4:30</p> 	<p>Mother’s Day Celebration! Painting <u>WITHOUT A Twist!</u> 12:00 p.m. Painting Contest! Food & Fun! You <u>MUST</u> register & You <u>MUST</u> Be current to attend! “No shows 25 merits”</p> 
<p>11. OPEN 9:30 – 4:30</p> 	<p>12:00 Pregnancy 101: “L & D Natural Comfort Measures” 12. Ms. Crystal (4 Merits)</p> <p>1:10 Parenting Life Skills Video: “Strong Willed Children” - Ms. Katherine (5 Merits)</p> <p>2:15 Power House Parenting: “Toddler Safety” - Ms. Katherine (4 Merits)</p>	<p>13. OPEN 9:30 – 4:30</p> 	<p>11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits) 14.</p> <p>12:00 Breast Feeding 101: Ms. Brenda (4 Merits)</p> <p>1:10 Life-Skills Video Class: “Fighting The Impulse To Spend” -Mr. David (8 - Merits) </p>
<p>18. OPEN 9:30 – 4:30</p>	<p>12:00 Pregnancy 101: “L & D Medical & Pain Relief Interv” 19. Ms. Crystal (4 Merits)</p> <p>1:10 Parenting Life Skills Video: “Child Anger” - Ms. Jesikah (5 Merits)</p> <p>2:15 Power House Parenting: “Toddler Illness” - Ms. Jesikah (4 Merits)</p>	<p>20. OPEN 9:30 – 4:30</p>	<p>11:00 Comfort Measures ~4~ Labor: Ms. Pam (4 Merits) 21.</p> <p>12:00 Breast Feeding 101: Ms. Brenda (4 Merits)</p> <p>1:10 Life-Skills Video Class: “The Mobster of Debt” -Mr. David (8 -Merits)  </p>
<p>25. </p>	<p>12:00 Pregnancy 101: “L & D Training Your Birth Coach” 26. Ms. Crystal (4 Merits)</p> <p>1:10 Parenting Life Skills Video: “Sexual Behavior and Children”- Ms. Katherine (5 Merits)</p> <p>2:15 Power House Parenting: “Toddler Nutrition” - Ms. Katherine (4 Merits)</p> 	<p>27. OPEN 9:30 – 4:30</p> 	<p>11:00 Comfort Measures ~4~ Labor: Ms. Pam (4 Merits) 28.</p> <p>12:00 Breast Feeding 101: Ms. Brenda (4 Merits)</p> <p>1:10 Life-Skills Video Class: “Credit Cards, Friend or Foe” -Mr. David (8 - Merits)  </p> 