



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>1. 11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits) 2.</p> <p>12:00 Breast Feeding - Ms. Brenda - (4 Merits)</p> <p>1:10 Life Skills: “Helping Children Process Change” – Mr. David (5 Merits)</p> <p>OPEN 9:30 – 4:3</p> 	<p>2. 11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits) 9.</p> <p>12:00 Breast Feeding - Ms. Brenda - (4 Merits)</p> <p>1:10 Life Skills: “Family Stability Inside Change” - Mr. David (5 Merits)</p> 
<p>6. 12:00 Pregnancy 101 – “Prenatal Care” - Ms. Amanda (4 Merits)</p> <p>1:10 “Kickin It With Kierra / Biblical Literacy” - Ms. Kierra (5 Merits)</p> <p>2:15 “Eating For ~4~ The Health of It” Nutrition & Cooking Class Sponsor: LSU AG Center (6 Merits / 1- GWV)</p> <p>OPEN 9:30 – 4:30</p> 	<p>7. </p>	<p>8. 11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits) 9.</p> <p>12:00 Breast Feeding - Ms. Brenda - (4 Merits)</p> <p>1:10 Life Skills: “Family Stability Inside Change” - Mr. David (5 Merits)</p> <p>OPEN 9:30 – 4:3</p> 	<p>9. </p>
<p>13. 12:00 Pregnancy 101 – “Eating For Two” - Ms. Amanda (4 Merits)</p> <p>1:10 “Kickin It With Kierra / Biblical Literacy” - Ms. Kierra (5 Merits)</p> <p>2:15 “Eating For ~4~ The Health of It” Nutrition & Cooking Class Sponsor: LSU AG Center (6 Merits / 1- GWV)</p> <p>OPEN 9:30 – 4:30</p> 	<p>14. </p>	<p>15. 11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits) 9.</p> <p>12:00 Breast Feeding - Ms. Brenda - (4 Merits)</p> <p>1:10 Life Skills: “Family Stability Inside Change” - Mr. David (5 Merits)</p> <p>OPEN 9:30 – 4:3</p> 	<div style="border: 2px solid orange; padding: 10px; text-align: center;"> <p>Our Annual Thanksgiving Feast! You <u>MUST</u> Sign Up... Lots of Food & Fun! “No Classes!” Bring Your <u>BEST</u> Dish to Share!</p> </div>
<p>20. 12:00 Pregnancy 101 – “Emotions of Pregnancy” - Ms. Amanda (4 Merits)</p> <p>1:10 “Kickin It With Kierra / Biblical Literacy” - Ms. Kierra (5 Merits)</p> <p>2:15 “Eating For ~4~ The Health of It” Nutrition & Cooking Class Sponsor: LSU AG Center (6 Merits / 1- GWV)</p> <p>OPEN 9:30 – 4:30</p> 	<p>21. </p>	<p>22. We Are Closed The 22nd & 23rd</p> <p> </p>	<p>23. </p>
<p>27. 12:00 Pregnancy 101 – “What is A Safe Pregnancy?” - Amanda (4 Merits)</p> <p>1:10 “Kickin It With Kierra / Biblical Literacy” - Ms. Kierra (5 Merits)</p> <p>2:15 “Eating For ~4~ The Health of It” Nutrition & Cooking Class Sponsor: LSU AG Center (6 Merits / 1- GWV)</p> <p>OPEN 9:30 – 4:30</p> 	<p>28. </p>	<p>29. 11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits) 30.</p> <p>12:00 Breast Feeding - Ms. Brenda (4 Merits)</p> <p>1:10 Life-Skills Class: “Getting Established” - Mr. David (5 Merits)</p> <p>OPEN 9:30 – 4:3</p> 	<p>30. </p> 