



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. OPEN 9:30 – 4:30</p> 	<p>12:00 Pregnancy 101 – “Prenatal Care” 5. - Ms. Katherine (4 Merits)</p> <p>1:10 “Let’s Talk About Sex Pt. 2 “Cuffing Season!” -Ms. Crystal (8 Merits + 1 Door Prize Drawn)</p> <p>2:15 “Eating For ~4~ The Health of It” Nutrition & Cooking Class Sponsor: LSU AG Center (6 Merits / 1- GWV)</p>	<p>6. OPEN 9:30 – 4:30 SPANISH CLASS 11:00 & 12</p>	<p>11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits) 7.</p> <p>12:00 Breast Feeding - Ms. Brenda - (4 Merits) </p> <p>1:10 Life Skills: “What Is Family” - Mr. David (5 Merits)</p>
	<p>11. 12:00 Pregnancy 101 – “Your Ultrasound Appointment” 12. - Ms. Jesikah (4 Merits)</p> <p>1:10 “Let’s Talk About Sex Pt. 2 “Cuffing Season!” -Ms. Crystal (8 Merits + 1 Door Prize Drawn) </p> <p>2:15 “Eating For ~4~ The Health of It” Nutrition & Cooking Class Sponsor: LSU AG Center (6 Merits / 1- GWV)</p>	<p>13. OPEN 9:30 – 4:30 SPANISH CLASS 11:00 & 12</p>	<p>11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits) 14.</p> <p>12:00 Breast Feeding - Ms. Brenda - (4 Merits)</p> <p>1:10 Life Skills: “Successful Family Living” - Mr. David (5 Merits) </p>
<p>18. OPEN 9:30 – 4:30</p> 	<p>12:00 Pregnancy 101 – “Emotions of Pregnancy” 19. - Ms. Katherine (4 Merits)</p> <p>1:10 Parenting Life Skills Video: “Holidays, Special Occasions & School” - Ms. Katherine (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>20. OPEN 9:30 – 4:30 SPANISH CLASS 11:00 & 12</p>	 <div style="border: 2px solid orange; padding: 10px; margin: 10px auto; width: 80%;"> <p>Our Annual Thanksgiving Feast!</p> <p>You <u>MUST</u> Sign Up... Lots of Food & Fun! “No Classes!”</p> <p style="background-color: yellow; padding: 2px;">BRING Your BEST Dish to Share!</p> </div>
<p>25. OPEN 9:30 – 4:30</p>	<p>12:00 Pregnancy 101 – “Eating For Two” 26. - Ms. Jesikah (4 Merits)</p> <p>1:10 Parenting Life Skills Video: “Co-Parenting” - Ms. Jesikah (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>27. </p>	