October 2026

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	CARE Parenting Center 1205 South Pointe Parkway Shreveport, Louisiana 71105 318-861-3232	OPEN 9:30 – 4:30	**11:00 Comfort Measures ~4~ Labor: "Labor Expectations"** 1. Ms. Crystal - (4 Merits) **12:00 Breast Feeding**: - Ms. Brenda (4 Merits) **1:10 Life Skills -Video Series: "Helping Children Process Change"** – Mr. David (5 Merits)
5. OPEN 9:30 – 4:30	**12:00** Pregnancy 101 – **"Postpartum Depression"** - Ms. Crystal (4-Merits) 6. **1:10 Special Session 1. "Anger Management"** -Ms. Jesikah **(5 – Merits)** **2:15 Power House Parenting: "Getting Your Child To Eat"** - Ms. Jesikah (4- Merits)	7. OPEN 9:30 – 4:30	**11:00 Comfort Measures ~4~ Labor: "Preparing For The C-Section"** Ms. Crystal - (4 Merits) 8. **12:00 Breast Feeding: -** Ms. Brenda (4 Merits) **1:10 Life Skills -Video Series: "Family Stability Inside Change"** – Mr. David (5 Merits)
12. OPEN 9:30 – 4:30	**Renouncing The Shame of Postpartum Depression Workshop!** * TIME: 12:00 Noon -until- 1:30 p.m. * There will be great information, Door Prizes & YOU MUST Sign-up! * 20 Merits PLUS a $10 GWV NORTHWESTERN STATE UNIVERSITY OF LOUISIANA All "No Shows" will be charged 20 merits.	14. OPEN 9:30 – 4:30	**11:00 Comfort Measures ~4~ Labor: "Your Second Trimester"** 15. – Ms. Crystal (4 Merits) **12:00 Breast Feeding: -** Ms. Brenda (4 Merits **1:10 Life Skills -Video Series: "Getting Established In A New Area" –** Mr. David (5 Merits)
19. OPEN 9:30 – 4:30	20.	21. OPEN 9:30 – 4:30	**11:00 Comfort Measures ~4~ Labor: "Second Trimester Expectations"** – Ms. Crystal (4 Merits) 22. **12:00 Breast Feeding: -** Ms. Brenda (4 Merits) **1:10 Video Series: "What Is Family?"** – Mr. David (5 Merits)
26. OPEN 9:30 – 4:30	**12:00 Pregnancy 101** – **" Emotions of Pregnancy"** - Ms. Crystal (4-Merits) 27. 1 **1:10 Special Session 2. "Depression and Suicide"** -Ms. Katherine **(5 - Merits)** **2:15 "Eating ~4~The Health of It" Nutrition & Cooking Workshops Sponsor: LSU AG Center (6 Merits)**	28. OPEN 9:30 – 4:30	**11:00 Comfort Measures ~4~ Labor: "Your Third Trimester"** 29. – Ms. Crystal (4 Merits) **12:00 Breast Feeding: -** Ms. Brenda (4 Merits) **1:10 Video Series: "Successful Family Living** – Mr. David (5 Merits)