

March–May 2018 Free Classes & Events

Register for these free classes, please sign-up at the front desk or call 334-502-7000.

Our group classes are led by a staff member or volunteer to offer you practical advice and support during your pregnancy and new family. Below you will see a schedule of our group classes. They are mostly offered after hours. Group classes are open to the community.

March 2018

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Mar 8–**Family Matters** from 6-7 pm
Topic: Basic Infant Care

Mar 10–**Moms Connect** from 6-7 pm

Mar 20–**Moms Connect** from 6-7 pm

Mar 21–**Lunch-n-Learn Bible Study** 11:30am-1pm

Mar 24–**1-Mile Walk + 5k Race Fundraiser @ 8:30 am**
@ Town Creek park, Auburn

Mar 29–**The Bridge** from 6-7 pm
Topic: Making Your Home Safe



April 2018

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Apr 3–**Moms Connect** from 6-7 pm

Apr 5–**Family Matters** from 6-7 pm
Topic: Parent-Child Relationships

Apr 14–**Moms Connect** from 11am-1pm

Apr 18–**Lunch-n-Learn Bible Study** 11:30am-1pm

Apr 19–**The Bridge** from 6-7 pm
Topic: How to Deal with Anger



May 2018

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

May 1–**Moms Connect** from 6-7 pm

May 3–**Family Matters** from 6-7 pm
Topic: Helping Your Baby Be Smart

May 7–**Fatherhood University** from 5:30-7:30 pm (men only)

May 16–**Lunch-n-Learn Bible Study** 11:30am-1pm

May 17–**The Bridge** from 6-7 pm
Topic: Preparing for a Job Interview

TBA–**Event to Celebrate Moms**

The Bridge teaches basic life skills that help people spiritually, emotionally, & financially.

Lunch-N-Learn will help parents learn the Bible while enjoying a meal together. Lunch is provided.

Fatherhood University teaches expecting dads how to take care of a baby and a new mom. Dinner is provided.

Family Matters focuses on child issues and parenting skills that help families become stronger.

Moms Connect provides support, lessons, & activities for moms.

We offer private individual/family classes that are DVD-based about pregnancy & parenting called **Earn While You Learn** classes. They are by appointment only during regular business hours 9 am-5 pm, Monday-Friday. You **MUST** be a client of Women's Hope Medical Clinic to participate. We strongly encourage you to begin classes during your first-trimester of pregnancy.

You may participate in our classes until your baby turns 15 months old.
All participants earn **Caring Cash** to spend in our Baby Boutique to buy baby supplies.