

May - June 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.

May 2018

S	M	T	W	T	F	S
		1	2	3	4	5
6		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 16–**Lunch-n-Learn Bible Study** 11:30am-1pm

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

May 18 & 19–**Couples Retreat** @ The Oaks Church



May 31–**The Bridge** from 6-7 pm
Topic: Exercise During & After Pregnancy (dress to be active during class)

June 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

Jun 5–**Moms Connect** from 6-7 pm

Jun 7–**Family Matters** from 6-7 pm
Topic: Surviving the First Few Weeks with a Newborn

Jun 9–**Moms Connect** from 11am-1pm

Jun 12–**Lunch-n-Learn Bible Study** 11:30am-1pm

Jun 21–**The Bridge** from 6-7 pm
Topic: Water Safety & Infant Swimming



July 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				

July 5–**Family Matters** from 6-7 pm
Topic: Boys & Girls: Gender Differences

July 10–**Lunch-n-Learn Bible Study** 11:30am-1pm

July 26–**The Bridge** from 6-7 pm
Topic: Discovering Your Purpose

July 28–**Childbirth Class** from 9 am-4 pm (includes lunch break)
Need to be due in July-October to participate.

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.

Childbirth Class will help prepare you for delivery.

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.