

~ April 2011 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 "Perfect As Can Be" Single Mom Support 12 noon – 1:30 pm	7 Breastfeeding Basics 12 noon – 1 pm	8	9 Who Am I? God's Definition 12 noon – 1 pm
10	11 Would You Marry You??? 12 noon – 1 pm	12 Healthy Eating for You and Your Baby 12 noon – 1 pm Newborn Care 1 – 2 pm	13 Budgeting, Babies & Balance 12 noon – 1 pm Breastfeeding 1 pm – 2 pm	14 Let's Talk about Sex 12 noon – 1:30 pm	15	16 Broken to Beautiful CANCELLED
17	18	19 Healing from Sexual Abuse 1 – 2 pm	20 Effective Parenting 12 noon – 1:30 pm	21 Let's Talk about Sex 12 noon – 1:30 pm	22	23 Who Am I? God's Definition CANCELLED
24	25 Would You Marry You??? 12 noon – 1 pm	26 Prenatal/ Postpartum Care 1 – 2 pm	27 Effective Parenting 12 noon – 1:30 pm	28 Let's Talk about Sex 12 noon – 1:30 pm	29	30 Broken to Beautiful 12 noon – 1 pm

Pregnancy Aid, Inc.
17325 Mack Ave.
Detroit, MI 48224
313.882.1000

Our Hours: Mon. – Thurs., 11 am – 2 pm
NEW! Saturday 11 am – 2 pm

Raffle Drawing: Win a shopping spree in our baby boutique!

Raffle Drawing – Clients can enter the raffle each time they attend a class or support group. Drawings are once a week. Winners can shop upstairs for brand new baby clothing and accessories.

Note: Check our website for calendar updates. www.pregnancyaid.com
Any cancelled class may be replaced with a suitable substitute class.

Breastfeeding – Renee Pearson, an instructor from WIC, reveals the myths of breastfeeding and the benefits. She also offers tips about the WIC program.

Breastfeeding Basics – Carol Pokladek, a registered nurse and lactation consultant, will give an overview of breastfeeding, will review common myths, and will provide a question & answer period.

Broken to Beautiful - Carrie Hartz offers practical suggestions for how to see past personal hurts toward God’s redemption. Scripture-based.

Budgets, Babies, and Balance – Mary Adams, an accountant, will offer tips on managing a household budget. Bring your money problems.

Effective Parenting – Kathy Yonkers, a certified parenting instructor, will offer practical tips on how to parent your young child successfully. Learn ways to lessen conflict, improve communication, and create a healthy family environment. Kathy uses the Systematic Training for Effective Parenting (S.T.E.P.) curriculum. This class is in a six-week series of classes. Certificates available for those who complete all six sessions.

Healing from Sexual Abuse – Janis Valenti will share her personal story and will offer Biblical truth about healing from sexual abuse.

Healthy Eating for You and Your Baby – Suzy Stockmann, a dietician, will talk about nutrition for you and your baby. She will address health, money, and menu planning. A healthy snack will be provided.

Let’s Talk about Sex – Tammy Tocco, and other guest speakers, will conduct a series of classes over a seven-week period. Discussion will include relationships, STDs/STIs, pregnancy, and real love. Bring your questions; learn the truth.

Newborn Care – Ellen Zuidema, a registered nurse, will offer instruction on infant care.

“Perfect as Can Be” Single Mom Support – Geneva Talley is a former Pregnancy Aid client and former single mom. She is now married with children. This support group focuses on the beauty of self, personal responsibility, and the gift of community. Topics vary.

Prenatal/Postpartum Care – Ellen Zuidema, a registered nurse, offers practical tips on caring for yourself before and after the birth of your baby. Bring your questions.

Who Am I? God’s Definition – Gwyn Makara is a college-level philosophy instructor with a background in theology and history. In this class, you will learn what God’s sees in you, why he made you exactly who you are.

Would You Marry You? – Counseling Intern, Cora Garth offers a great opportunity to learn the answer to a tough question, “Why am I not married?” No judging or criticizing allowed.



“Friend” us at *Pregnancy Aid Home*.

“Like” us at *Pregnancy Aid Local Business*.

Join or start a discussion. Upload cute baby pictures. Keep up-to-date on activities at Pregnancy Aid. Spread the word.