

~ August 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Baby Basics Trivia 	3 Who Am I? God's Definition 12 noon – 1 pm	4 What Is the Gospel? 1 – 2 pm	5 20 Fingers & Toes 12 – 1 pm	6	7
8	9	10 Hot Relationships 12 – 1 pm	11 Budgeting, Babies & Balance 12 noon – 1 pm Newborn Care 1:30 pm – 2:30 pm	12 What Is the Gospel? 1 – 2 pm	13	14
15	16 Seeing Yourself through God's Eyes 12 noon – 1 pm	17 Who Am I? God's Definition 12 noon – 1 pm	18 "Perfect As Can Be" Single Mom Support 12 noon – 1:30 pm Breastfeeding 2 – 3 pm	19 Baby Basics Trivia 	20	21 What's Up with the Shot? 1 – 2 pm
22	23 Finding the Joy in the Journey 12:30 pm – 2:00 pm	24 Baby Basics Trivia 	25 Feeding Your Belly on a Budget 12 noon – 1 pm	26 Healing from Sexual Abuse 12 noon – 1 pm	27	28
29	30 Seeing Yourself through God's Eyes 12 noon – 1 pm	31 Who Am I? God's Definition CANCELLED	Notes:			

More Calendars: [2011 Calendar](#), [2012 Calendar](#), [Calendar Template](#)

Pregnancy Aid, Inc.
17325 Mack Ave.
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www.pregnancyaid.com

Calendar updates on our website!

**Our hours: M – Th. 11 am – 1:30 pm
& some evenings
and Saturdays**

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

Class Descriptions

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

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

Feeding Your Belly on a Budget – Suzy Stockmann, a dietician, will talk about nutrition during pregnancy. She will address health, money, and menu planning. A healthy snack will be provided.

Finding the Joy in the Journey -- Sadie Bolos, motivational speaker, trainer, and coach will lead a discussion on self-esteem and goal setting. Get motivated and allow the beauty within you to unfold and flourish!

Healing from Sexual Abuse – Janis Valenti will share her personal story of child sexual abuse and will offer advice on how to overcome the pain and how to protect your children.

Hot Relationships – Licensed counselor Carolyn Anderson will discuss what’s “hot” and what’s not when it comes to healthy romantic relationships.

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

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

Seeing Yourself through God’s Eyes – Carrie Hartz leads a frank discussion on how your view of yourself affects your everyday life. Scripture-based.

20 Fingers & Toes – Dealing with Twins! – Natasja Kissau, a mom of twins, will answer questions about the challenges of being pregnant with and raising multiples.

What Is the Gospel? – Tammy Tocco, a Christian mom, discusses how to live the Gospel in today’s world. Open discussion is encouraged.

What’s Up with the Shot? – Sowmya Rasa, a 3rd year medical student, will explain how the Depo Provera shot works and will answer questions about its safety.

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.

Activity Description

Baby Basics Trivia – Clients participate by answering questions about pregnancy, STDs and other social issues. Clients who answer correctly win a small baby item.

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.