

~ February 2012 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Effective Parenting 12 noon – 1:30 pm	2	3 CLOSED	4 Who Am I? God's Definition 12 noon – 1 pm
5	6	7 Shopping on a Budget 12 noon – 1 pm	8 Effective Parenting 12 noon – 1:30 pm	9 Healthy Eating for You and Your Baby 12 noon – 1 pm	10 CLOSED	11 Breastfeeding 101 12 noon – 1:30 pm
12  Bowling for Babies at Harbor Lanes 1 – 4 pm	13 Healing the Hurts You Can't Change 12 noon – 1:30 pm	14 Open Discussion 12 noon – 1 pm  Love Raffle Drawing	15 Effective Parenting 12 noon – 1:30 pm	16 Making Good Relationships 12 noon – 1 pm	17 CLOSED	18 Who Am I? God's Definition 12 noon – 1 pm
19	20 Childbirth Education 12 noon – 1:30 pm Part 1	21 Healing from Sexual Abuse 1 pm – 2 pm	22 Effective Parenting 12 noon – 1:30 pm	23	24 CLOSED	25
26	27 Healing the Hurts You Can't Change 12 noon – 1:30 pm	28 Childbirth Education 12 noon – 1:30 pm Part 2	29	Notes: Please call if you think you may be late. Classroom door closes 10 minutes after class begins. No exceptions. Thank you.		

Pregnancy Aid, Inc.

17325 Mack Ave.

Detroit, MI 48224

313.882.1000

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

Saturday 11 am – 2 pm



Any last-minute class changes or cancellations will be posted on Facebook and Twitter. Please “Friend” us at *Pregnancy Aid Home* or follow us on Twitter @PregnancyAidInc to keep up-to-date.



Class Descriptions

Breastfeeding 101 – Keva Zeigler, a breastfeeding peer counselor, will discuss the benefits and realities of breastfeeding. Topics such as breast milk storage, working and breastfeeding, and breastfeeding while on WIC will be discussed.

Childbirth Education – Haseena Scott and Faith Lancaster, who are certifying for childbirth education, will offer two days of childbirth information. **Part 1:** Anatomy, Stages and Phases of Labor and Comfort Measures. **Part 2:** Interventions, Breastfeeding, Birth Plan and Hospital Procedures.

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.

Healing the Hurts You Can't Change -- Counseling Intern, Cora Garth helps you face the emotional pain in your life and offers strategies for living your best life by strengthening your relationship with God.

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

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.

Making Good Relationships – Sue Walker, a certified chaplain, will guide you through exercises that help you analyze how you choose relationships.

Shopping on a Budget – Extreme couponer, Erin Bishop, brings her practical experience to show you how to save money shopping. Bring coupons that you would like to trade.

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.

Pregnancy Aid Events

Raffle Drawing – **Win a shopping spree in our baby boutique!** 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.



Bowling for Babies Fundraiser – at Harbor Lanes, 25419 Jefferson Ave., St. Clair Shores, MI, includes 3 games/shoes/pizza/ pop, \$15 a person



Love Raffle – Special raffle celebrating love. Clients' names are entered every time they attend a class. Drawing on Feb. 14th. Must be present to win.

Calendar also posted on our website: www.pregnancyaid.com