

~ November 2011 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Healthy Eating for You and Your Baby 12 noon – 1 pm	4 CLOSED	5 Who Am I? God's Definition 12 noon – 1 pm
6	7 Healing the Hurts You Can't Change 12 noon – 1:30 pm	8 Anger Management 12 noon – 1:30 pm Shopping on a Budget 6:30 pm – 7:30 pm	9 Making Good Relationships 12 noon – 1 pm	10 Childbirth Class 12 noon – 1:30 pm	11 CLOSED	12
13	14 Healing the Hurts You Can't Change 12 noon – 1:30 pm	15 Anger Management 12 noon – 1:30 pm	16 Newborn Care 1 pm – 2 pm	17 When to Call the Doctor 12 noon – 1 pm	18 CLOSED	19 Who Am I? God's Definition 12 noon – 1 pm
20	21 Healing the Hurts You Can't Change 12 noon – 1:30 pm	22 Anger Management 12 noon – 1:30 pm	23	24 CLOSED 	25 CLOSED	26 CLOSED
27	28	29 Anger Management 12 noon – 1:30 pm Healing from Sexual Abuse 6:30 pm – 7:30 pm	30 Shopping on a Budget 12 noon – 1 pm	Notes: Please call if you think you may be late. Classroom door closes 10 minutes after class begins. No exceptions.		

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

Our Hours: Mon. – Thurs., 11 am – 2 pm
Tues. Evening 6 – 8 pm. **NEW**
Saturday 11 am – 2 pm



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

Class Descriptions

Anger Management – Lisa Weingarden, LMSW, CAADC, ACSW offers practical skills on controlling anger. This workshop will cover the following topics: Successfully Managing Strong Emotions; Maintaining Self-Control, Even under Stress; Communicating Assertively for Better Relationships; Staying Calm When Faced with “Anger Triggers.” This workshop is provided by C.A.R.E. of Macomb.

Childbirth Class – Mary Ellen Landon, an RN who specializes in maternal/infant services, will offer information on the childbirth experience including natural childbirth C-sections, and medicated birth.

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

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.

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.

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

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.

When to Call the Doctor -- Pediatrician, Dr. Michelle Pierron, will discuss child illness and first aid. Bring 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.

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.

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