

~ October 2011 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3 Healing the Hurts You Can't Change 12 noon – 1:30 pm	4 Let's Talk about Sex 12 noon – 1:30 pm	5	6 Healthy Eating for You and Your Baby 12 noon – 1 pm	7 CLOSED	8 Who Am I? God's Definition 12 noon – 1 pm
9	10 Healing the Hurts You Can't Change 12 noon – 1:30 pm	11 Let's Talk about Sex 12 noon – 1:30 pm	12 "Perfect As Can Be" Single Mom Support 12 noon – 1:30 pm	13 Childbirth Class 12 noon – 1:30 pm	14 CLOSED	15
16	17 Healing the Hurts You Can't Change 12 noon – 1:30 pm	18 Let's Talk about Sex 12 noon – 1:30 pm	19	20 Vaccinating Your Baby 12 noon – 1 pm	21 CLOSED	22 Who Am I? God's Definition 12 noon – 1 pm
23	24 Healing the Hurts You Can't Change 12 noon – 1:30 pm	25 Let's Talk about Sex 12 noon – 1:30 pm  Healing from Sexual Abuse 6:30 pm – 7:30 pm	26 Newborn Care 1 pm – 2 pm	27 Making Good Relationships 12 noon – 1 pm	28 CLOSED	29
30	31 Healing the Hurts You Can't Change 12 noon – 1:30 pm	<b>Notes:</b> <b>Please call if you think you may be late. Classroom door closes 10 minutes after class begins. No exceptions.</b>				

**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

## Class Descriptions

**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.

**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.

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

**“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.

**Vaccinating Your Baby** -- Pediatrician, Dr. Michelle Pierron, will discuss vaccinating your baby. 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.



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

**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](http://www.pregnancyaid.com)