

Monday 3:30-4:30

Building Healthy Habits & Families

Tuesday 2-3pm

Aug 6	Knitting
Aug 13	STD's and Birth Control
Aug 20	Budgeting
Aug 27	Praying for Your Baby
Sept 3	Infant Massage
Sept 10	Shaken Baby Syndrome
Sept 17	Child Safety
Sept 24	Exercises/Childbirth Q & A
Oct 1	Flower Arranging
Oct 8	Simple Games to Help Your Baby/Toddler Thrive
Oct 15	Parenting Tips
Oct 22	Meal Preparation
Oct 29	Spiritual Foundations

Wednesday 2-3pm

Mother's Support Group

Thursday 12:30-1:30

Aug 8	Sewing
Aug 15	Car Maintenance
Aug 22	Teaching Your Child About God
Aug 29	Sleep Safety
Sept 5	What's New at the Library?
Sept 12	Infant Nutrition
Sept 19	Know Your Body, Reproductive Health
Sept 26	Basics on Home, Baby, & Child Passenger Safety
Oct 3	Looking for & Preparing for a Job & Interview
Oct 10	Tantrums & Toileting
Oct 17	Making Mommy Moves
Oct 23	Baby Sign Language
Oct 30	Speech Development & Interactions with Children

** Partners are welcome to join clients at any of our **Monday, Tuesday,** and **Thursday** classes. Mother's Support Group is for clients only. Clients will receive **double Baby Bucks** when a partner attends.

FALL CLASS SCHEDULE

August - October



MY LIFE
CLINIC