



## CLASSES 2024



### *HOPE* Help Offered in a Pregnancy Experience

**Thursday 5:30-8 PM**

This program includes 12 classes taught in three phases, four weeks each. Bible study is taught in every class. Dinner is included. Classes start promptly at 5:30 pm. **We do not have child care** so please have a plan in place.

**You must attend three of four classes per phase to receive a graduation gift.**

<b>Jan. 11th - Feb. 1st</b>	Nutrition, Childbirth I, Childbirth II, Post-Partum Care
<b>Feb. 15th - March 12th</b>	Breast Feeding, Infant CPR, Newborn Care, SIDS
<b>Mar. 28th - Apr. 18th</b>	Dental Care, Parenting I, Parenting II, Read to Me
<b>May 2nd - May 23rd</b>	Nutrition, Childbirth I, Childbirth II, Post-Partum Care
<b>June 6th - June 27th</b>	Breast Feeding, Infant CPR, Newborn Care, SIDS
<b>July 18th - Aug. 8th</b>	Dental Care, Parenting I, Parenting II, Read to Me
<b>Aug. 22nd - Sept. 12th</b>	Nutrition, Childbirth I, Childbirth II, Post-Partum Care
<b>Sept. 26th - Oct. 16th</b>	Breast Feeding, Infant CPR, Newborn Care, SIDS



### *Car Seat Safety*

**Thursdays 5:30 - 6:30 PM**

Learn how to safely secure your child. An additional installation appointment will be scheduled to obtain a free car seat.

<b>Feb. 8th</b>	<b>April 25th</b>	<b>July 11th</b>	<b>Sept. 19th</b>
<b>Mar. 21st</b>	<b>May 30th</b>	<b>Aug. 15th</b>	<b>Oct. 26th</b>

