

# October 2021



MON	TUE	WED	THU
4	5 Healthy Boundaries for Men 12 PM Finance PT 1: 3 PM	6 Parenting Needs: 12PM	7 Carseat Safety: 2 PM
11	12	13	14 Home Health: 2 PM
18	19	20 Childbirth Prep: 12 PM* If wanting to attend please fill out eventbrite Registration online.	21 Care After Delivery: 2 PM
25	26 Breastfeeding Pt 1: 12 PM Finances Pt 2 3PM	27 Parenting Relationships: 12 PM	28 Postpartum Depression: 2 PM

**Sign up for classes by calling (325)701-7999 or on our website [prabilene.com/classes](http://prabilene.com/classes)**

*All classes are held at Pregnancy Resources, unless otherwise stated. No children please. Snacks are provided, please arrive 5-10 minutes in advance so that class can begin on time.*

*\* Please wear face covering\**

*Kristen West*

*325-701-7999*

*kristen@prabilene.com*

## SUPPORT GROUPS

### *The Baby Bunch:*

*A support group for moms who are trying to balance it all. Children welcome.*

*Front Porch Coffee Shop and Bakery*

**October 6th 10 AM**

\* Indicates that a meal is provided

See back for class and group descriptions!



All classes are FREE and offer incentives for attendance!  
*Ask how your attendance can earn brand new items for your baby!*

**CHILDBIRTH PREP:** This class is taught by a registered childbirth instructor and should be attended around the third trimester. Topics covered include labor stages, comfort techniques, medical procedures, C-section, newborns and post partum.

**SELF CARE: PART ONE (Coping skills):** Stress is an expected piece of life, and learning how to manage our stress in healthy ways can often be difficult. This class will give you easy and practical ways to overcome the stress you experience as we learn to better care for ourselves emotionally, physically and mentally.

**SELF CARE: PART TWO (Relaxation):** One way to take care of yourself can be to clear your mind and allow your body to rest. This class will teach you how to do those things even in the midst of a busy schedule. A relaxation exercise is just one way to cope with stress, but can be a powerful one!

**FRESH START:** This is a four part series on health, balance, saving, and celebrating. When you come to this series, you will get fun freebies that will help you in your kitchen and yummy snacks and recipes.

**PARENTING:** Each Wednesday is a class focused on different aspects of parenting. Attend all 6 classes in this series and you get a certificate!

**CIRCLE OF SECURITY PARENTING PROGRAM:** This program is based off of decades of research about how secure parent-child relationships can be supported and strengthened. You will receive a certificate of completion and a \$5 gift card just by attending this 6 part series! Contact us for more information!

**THE BABY BUNCH:** This is a support group for moms who need a place to connect with other moms and have some adult interaction. We encourage you to bring your child as well! This group will meet once a month at different locations, we will facilitate some good discussions and would love to be a safe place for moms to come and be refreshed and encouraged.

**READING TO BABY:** This class will show you the benefits of reading to your child at an early age and the beautiful bond that can grow through reading together.

### **BRIGHT COURSE CLASSES**

The remaining classes on our calendar are taught from a video based curriculum that centers around evidence based teachings from experts in their field. These classes will vary month to month with additional individual lessons available if you want more education on specific topics. Topics range from in depth pregnancy education to infant and toddler milestones and parenting lessons. Please reach out to Kristen for more information on the individual lessons.