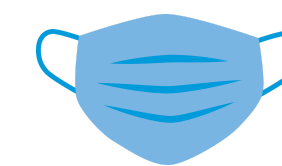


DECEMBER 2021

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
29	30 Fresh Start Nutrition Pt 3 12PM Third Trimester 3PM	1 Parenting Attachments 12PM	2 Newborn Sickness 2PM
6	7 Healthy Boundaries for Women 3PM	8 Emotions of Pregnancy 12PM	9 Bonding in the Womb 2PM
13 Self Care Pt 1 2PM	14 Fresh Start Nutrition Pt 4 12PM Immunizations 3PM	15 Child Anger 12PM	16 Tantrums 2PM
20 Self Care Pt 2 2PM	21 Pregnancy Wellness 12PM Car seat Safety 3PM	22 Strong-Willed Children 12PM	23
26	28	29	30

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 a
face covering**



Kristen West
325-701-7999
kristen@prabilene.com

Monthly Support Groups:



A support group for busy moms who need a little break! Come get out of the house and meet other mamas and enjoy some coffee at the Front Porch coffee shop and Bakery.

(Children are Welcome)

December 1st 10am

HOPE

— IN THE WAITING —

A support group for women who are dealing with infertility, miscarriage, the adoption process or prolonged waiting to motherhood. This is a safe place to process and grieve.

(Meets at Pregnancy Resources)

Next meeting will be
January