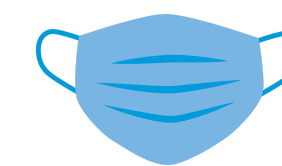


JANUARY 2022

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3	4 Infant CPR 12PM First Trimester 3PM	5 Parenting 101 12PM Circle of Security 2PM	6 Infant Sleep 2PM
10 Dads Doing Stuff The new dad group will meet at Primetime 6PM	11 Breastfeeding Pt 1 12PM Second Trimester 3PM	12 Parenting Development 12PM	13 Postpartum Depression 2PM
17	18 Breastfeeding Pt 2 12PM Third Trimester 3PM	19 Childbirth Prep* (Please fill out eventbrite to attend) 12PM	20 Care After Delivery 2PM
24	25 Final Stretch 3PM	26	27
31	1 Super Mom 12PM Toddler Safety 3PM	2 Parenting Communication 12PM	3 Infant Accidents 2PM

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)

January 5th 10am
February 2nd 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)

January 25th 6-8pm