

# December 2018



MON	TUE	WED	THU
3 Parenting: Attachment 12 PM	4 Fresh Start: Health 2 PM	5 Self Care (Pt. 1) 2PM	6
10 Parenting: 101 12PM	11 Childbirth Prep (Pt. 1) 12 PM Fresh Start: Balance 2PM	12 Self Care (Pt. 2) 2PM	13 Childbirth Prep (Pt.2) 12 PM
17 Parenting: Development 12PM	18 Fresh Start: Save 2 PM	19	20
24 CLOSED	25 CLOSED: Christmas	26 CLOSED	27 CLOSED
31 CLOSED: New Year's Eve	CLOSED: New Year's Day		

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

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

*Baylie Barnes*  
325-701-7999  
baylie@prabilene.com  
2110 N. Willis  
Abilene, TX 79603

## SUPPORT GROUPS

***Breastfeeding Group  
(Lactation Club of Abilene):  
Tuesday, December 4th  
at 6:15 PM***

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!

**DR. DAD:** This is a program designed for fathers! Learn useful parenting skills for taking care of your infant or toddler. Each dad that attends a class will receive a certificate.

**FRESH START:** This is a three part series on health, balance, and saving. 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 Monday 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 series! Contact us for more information!

**BREASTFEEDING GROUP:** This group is lead by a Lactation Consultant and is for breastfeeding mothers. Come talk to other moms about the struggles and joys that come with breastfeeding!

**SIBLINGS CLASS:** By appointment. Pregnant? Have older children? Each session is customized to your families needs. We will review information with your child or children on the different needs of babies, how to be helpful to mom, and more! Call 325-701-7999 or email Lydia@prabilene.com to schedule.