

February 2019



| MON | TUE | WED | THU |
|------------------------------------------|----------------------------------------|-----------------------------------|---------------------------------------|
| 4 Parenting: Relationship 12 PM | 5 | 6 Postpartum Care 12 PM | 7 Dr.Dad: Well Child 12 PM |
| 11 | 12 | 13 Pregnancy Wellness 12 PM | 14 Dr.Dad: Sick Child 12 PM |
| 18 Parenting: 101 12 PM | 19 Breastfeeding Basics 5:15 PM | 20 Self Care (Pt. 1) 2 PM | 21 Breastfeeding Basics 5:15 PM |
| 25 Parenting: Development 12 PM | 26 Childbirth Prep (Pt. 1) 12 PM | 27 Self Care (Pt. 2) 2 PM | 28 Childbirth Prep (Pt.2) 12 PM |

**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, February 5th 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 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 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!

POSTPARTUM CARE: Your baby is finally here! Now what? This class focuses on all things postpartum. You'll learn about postpartum plans, Postpartum Depression, health, self-care, breastfeeding, support, and even some fun parenting hacks.

PREGNANCY WELLNESS: Come learn about the importance of taking care of yourself or your loved one during pregnancy. We'll discuss health and wellness, things to expect, common discomforts, and local supports and resources.

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!