

* Indicates that lunch is provided

March 2020



MON	TUE	WED	THU
2	3 Fresh Start: Pt 1 2PM	4 Parenting: Needs 12 PM	5
9	10 Fresh Start: Pt 2 2 PM	11	12 Self Care Pt 1 2 PM
16	17 Reading to Baby 11 AM Newborn Care: Pt 1 3:15 PM	18 Parenting: Relationships 12 PM	19 Self Care Pt 2 2 PM
23	24 Childbirth Prep Pt 1 12 PM* Fresh Start: Pt 3 2 PM Breastfeeding Pt 1 5:15PM	25 Parenting: Attachment 12 PM	26 Dr Dad: Pt 1 12 PM* Breastfeeding Pt 2 5:15 PM
30	31 Childbirth Prep Pt 2 12 PM* Fresh Start Pt 4 2 PM New Born Care: Pt 2 3:15 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.

Kristen West
325-701-7999
kristen@prabilene.com
2110 N. Willis, Suite A
Abilene, TX 79603

SUPPORT GROUPS

***Breastfeeding Group
(Lactation Club of Abilene):
Tuesday, March 3rd 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 4 part 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 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!

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.

NEW BORN CARE: This class will prepare you for bringing home your new bundle of joy! This 2 part class goes over all the basics of caring for your newborn, ensuring you feel confident to bring home your baby!

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!

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.