

## October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 9:00 Spanish Bible Study</p> <p>10:00 1<sup>st</sup> Trimester – RN Daphne</p> <p>Noon English Bible Study</p> <p>1:00 CPR - Cassandra</p>	<p>2</p> <p style="text-align: center;">NO CLASSES TODAY</p>	<p>3</p> <p>10:00 Eye Contact Means Love - Hilary</p> <p>Noon English Bible Study – Amy</p> <p>1:00 SIDS/SBS - Cassandra</p>	<p>4</p> <p>10:00 Baby’s Secret World &amp; Eating for Two – RN Daphne</p> <p>1:00 Personal Hygiene - Cassandra</p>
<p>7</p> <p>10:00 Toddler Milestones – Cassandra</p> <p>1:00 Bonding with Your Child – Deb</p>	<p>8</p> <p>9:00 Spanish Bible Study</p> <p>10:00 NeighborWorks – Virgen</p> <p>Noon English Bible Study</p> <p>1:30 Credit Cards &amp; Debt - Shelli Sellers</p>	<p>9</p> <p style="text-align: center;">NO CLASSES TODAY</p>	<p>10</p> <p>10:00 Whining and Crying - Cass</p> <p>Noon English Bible Study - Amy</p> <p>1:00 Post Partum Depression -</p> <p>6:00 Ladies Bible Study - Redeemer</p>	<p>11</p> <p>10:00 Superior Health - Miguel</p> <p>1:00 The Importance of Words – Hilary</p>
<p>14</p> <p>10:00 – Mom Life</p> <p>1:00 Home Safety – Fire Marshall Denman</p>	<p>15</p> <p>9:00 Spanish Bible Study</p> <p>10:00 Co-Parenting – Shelley</p> <p>Noon English Bible Study</p> <p>1:30 Natural Family Planning – Dr. Macik</p>	<p>16</p> <p style="text-align: center;">NO CLASSES TODAY</p>	<p>17</p> <p>10:00 One Heart: Two homes – Shelley Matthews</p> <p style="text-align: center;">1:00 - NO CLASS</p>	<p>18</p> <p>10:00 2<sup>nd</sup> Trimester / Ultrasound appointment - RN Daphne</p> <p>1:00 Adoption/Foster Care – Rebekah</p>
<p>21</p> <p>10:00 Anger Management – Cassandra</p> <p>1:00 Sustaining Your Milk Journey: Strategies and Support– Priscilla</p>	<p>22</p> <p>9:00 Spanish Bible Study</p> <p>10:00 Illnesses and Immunizations - Joronda</p> <p>Noon English Bible Study</p> <p>1:30 Potty Training - Cassandra</p>	<p>23</p> <p style="text-align: center;">NO CLASSES TODAY</p>	<p>24</p> <p>10:00 Empowering Parents for Success - Brian Jackson</p> <p>Noon English Bible Study – Amy</p> <p>1:00 Working Mom – Cass</p> <p>6pm Ladies Bible Study - Redeemer</p>	<p>25</p> <p>10:00 Understanding Your Infant – Cassandra</p> <p>1:00 Home Health / Crafting Class – Natasha &amp; Ernestine RSVP – 24-772-8270 (First 10 People)</p>
<p>28</p> <p>10:00 – Mom Life</p> <p>1:00 Family Traditions - Cass</p>	<p>29</p> <p>9:00 Spanish Bible Study</p> <p>10:00 Car Seat Safety - Megan</p> <p>Noon English Bible Study</p> <p>1:30 Positive Boundaries - Cass</p>	<p>30</p> <p style="text-align: center;">NO CLASSES TODAY</p>	<p>31</p> <p>10:00 What’s Safe in Pregnancy- RN Daphne</p> <p>Noon English Bible Study – Amy</p> <p>1:00 Simple Infant Care - Dr. Hinds</p>	

CATEGORY	CLASS & DATE	CATEGORY	CLASS & DATE
PREGNANCY & CHILDBIRTH	10/1 1 <sup>st</sup> Trimester 10/4 Baby's Secret World / Eating for Two 10/18 2 <sup>nd</sup> Trimester 10/31 What's Safe During Pregnancy	NUTRITION	10/4 Baby's Secret World / Eating for Two
ILLNESS & IMMUNIZATIONS	10/22 Illnesses and Immunizations	INFANT CARE	10/25 Understanding Your Infant 10/31 Simple Infant Care
POSTPARTUM	10/10 Postpartum Depression	CPR	10/1 CPR
SAFETY STARTS AT HOME	10/14 Home Safety	CAR SEAT SAFETY	10/29 Car Seat Safety
LIFE SKILLS	10/4 Personal Hygiene 10/8 NeighborWorks 10/8 Credit Cards & Debt 10/11 Superior Health 10/15 Natural Family Planning 10/21 Anger Management 10/24 The Working Mom 10/25 Home Health / Crafting Class - RSVP 10/29 Positive Boundaries	PARENTING	10/3 Eye Contact Means Love 10/7 Bonding with Your Child 10/10 Whining and Crying 10/11 The Importance of Words 10/15 Co-Parenting 10/17 One Heart: Two Homes
CHILD DEVELOPMENT	10/7 Toddler Milestones 10/22 Potty Training	FREE CHOICE	10/18 Adoption/Foster Care 10/24 Empowering Parents for Success 10/28 Family Traditions All Classes Count 😊
SIDS / SBS	10/3 SIDS and SBS (Sudden Infant Death Syndrome and Shaken Baby Syndrome)	BREASTFEEDING	10/21 Sustaining Your Milk Journey: Strategies and Support