



Limited Classes

***To attend **Comfort Measures 4 Labor ~or~ Pregnancy 101** Classes you **MUST** be pregnant. To attend **Breastfeeding** class **YOU** must be breastfeeding or interested.

MON	Tuesday	WED	Thursday
	 <p>CARE Parenting Center 1205 South Pointe Parkway Shreveport, LA 71105 318-861-3232</p>	<p>Unraveled Roots Graduation Program 11:00 a.m. (1) Guest allowed. You Must sign-up <u>You</u> and your <u>guest</u>.</p>	 <p>Congratulations!</p>
<p>5. OPEN 9:30 – 4:30</p>	<p>12:00 Pregnancy 101 – “Labor & Delivery Getting Ready” 6. - Ms. Jesikah (4 Merits)</p> <p>1:10 Special Sessions: “Taking Care of Hygiene” -Ms. Jesikah (4 - Merits)</p> <p>2:15 Power House Parenting – “I Can Do It Myself” - Ms. Jesikah (4 – Merits)</p>	<p>7. Open 9:30-4:30</p>	<p>11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits) 8.</p> <p>12:00 Breast Feeding Class: - Ms. Brenda (4 Merits)</p> <p>1:10 Life Skills Session: “Preparing For A Job – Hard Truth” -Mr. David (5 – Merits + 1 GWV)</p>
<p>12. OPEN 9:30 – 4:30</p>	<p>12: 00 Pregnancy 101 – “Labor & Delivery Comfort Measures”13 - Ms. Katherine (4 - Merits)</p> <p>1:10 Special Session: “Screen Time and You” - Ms. Katherine (5 Merits)</p> <p>2:15 Power House Parenting – “Toddler Play” - Ms. Katherine (4 - Merits)</p>	<p>14. Open 9:30-4:30</p> 	<p>11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits) 15.</p> <p>12:00 Breast Feeding Class: - Ms. Brenda (4 Merits)</p> <p>1:10 Life Skills Session: “Finding The Job” -Mr. David (5 – Merits + 1 GWV)</p>
<p>19. OPEN 9:30 – 4:30</p>	<p>12:00 Pregnancy 101 – “Labor & Delivery Medical Pain Relief & Interventions” 20. - Ms. Jesikah (4 Merits)</p> <p>1:10 Special Sessions: “Home Health (House Cleaning)” -Ms. Jesikah (4 Merits)</p> <p>2:15 Power House Parenting – “Toddler Accidents” - Ms. Jesikah (4 – Merits)</p>	<p>21. Open 9:30-4:30</p>	<p>11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits) 22.</p> <p>12:00 Breast Feeding Class: - Ms. Brenda (4 Merits)</p> <p>1:10 Life Skills Session: “Preparing For The Interview” -Mr. David (5 – Merits + 1 GWV)</p>
<p>26. OPEN 9:30 – 4:30</p> 	<p>12: 00 Pregnancy 101 – “Labor & Delivery Training Your Birth Coach” 27. - Ms. Katherine (4 - Merits)</p> <p>1:10 Special Session “Depression and Suicide” - Ms. Katherine (5 Merits)</p> <p>2:15 Power House Parenting – “Toddler Safety” - Ms. Katherine (4 - Merits)</p>	<p>29. Open 9:30-4:30</p> 	<p>BACK TO SCHOOL</p> 

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