



**Attention**  
 \*\*\*To attend Comfort Measures 4 Labor ~or~ Pregnancy 101 Classes **MUST** Be Pregnant.  
 To attend Breastfeeding Class **MUST** be Breastfeeding or Interested in Breastfeeding... **NO EXCEPTIONS!**

MON	Tuesday	WED	Thursday
	 <p><b>CARE Parenting Center</b>  <b>1205 South Pointe Parkway</b>  <b>Shreveport, LA 71105</b>  <b>318-861-3232</b></p> 	<p>1.  <b>Open</b>  <b>9:30-4:30</b></p>	<p>2.  <b>11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits)</b>  <b>12:00 Breast Feeding - Ms. Brenda (4 Merits)</b>  <b>1:10 Parenting Video Class – “Budgeting 101” -Mr. David (5 Merits)</b></p> 
<p>6.  <b>OPEN</b>  <b>9:30 – 4:30</b></p>	<p>7.  <b>12:00 Pregnancy 101 – “Labor &amp; Delivery Getting Ready”</b>          Ms. Katherine (4 Merits)  <b>1:10 “Kickin It With Kierra / Biblical Literacy”</b>          - Ms. Kierra (5 Merits) <b>“Understanding Your Child’s Personality”</b>  <b>2:15 Eating 4 The Health of It” Nutrition &amp; Cooking Workshops Sponsor: LSU AG Center (6 Merits / 1-GWV)</b></p>	<p>8.  <b>Open</b>  <b>9:30-4:30</b></p>	<p><b>Mother’s Day Celebration!</b>  <b>Painting <u>WITHOUT A Twist!</u></b>  <b>12:00 p.m.</b>  <b>Painting Contest! Food &amp; Fun!</b>  <b>You <u>MUST</u> register &amp; You <u>MUST</u> Be current to attend! “No shows 25 merits”</b></p> 
<p>13.  <b>OPEN</b>  <b>9:30 – 4:30</b></p>	<p>14.  <b>12:00 Pregnancy 101 – “L &amp; D Natural Comfort Measures”</b>          Ms. Jesikah (4 Merits)  <b>1:10 “Kickin It With Kierra / Biblical Literacy”</b>          - Ms. Kierra (5 Merits) <b>“6 Risk For Children After Divorce”</b>  <b>2:15 Eating 4 The Health of It” Nutrition &amp; Cooking Workshops Sponsor: LSU AG Center (6 Merits / 1-GWV)</b></p>	<p>15.  <b>Open</b>  <b>930-4:30</b></p> 	<p>16.  <b>11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits)</b>  <b>12:00 Breast Feeding - Ms. Brenda (4 Merits)</b>  <b>1:10 Parenting Video Class – “Career or Job” -Mr. David (5 Merits)</b></p>
<p>20.  <b>OPEN</b>  <b>9:30 – 4:30</b></p>	<p>21.  <b>12:00 Pregnancy 101 – “L &amp; D Medical &amp; Pain Relief Interv”</b>          Ms. Katherine (4 Merits)  <b>1:10 “Kickin It With Kierra / Biblical Literacy”</b>          - Ms. Kierra (5 Merits) <b>“Critical Issues”</b>  <b>2:15 Eating 4 The Health of It” Nutrition &amp; Cooking Workshops Sponsor: LSU AG Center (6 Merits / 1-GWV)</b></p>	<p>Open  <b>9:30-4:30</b></p>	<p>23.  <b>11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits)</b>  <b>12:00 Breast Feeding - Ms. Brenda (4 Merits)</b>  <b>1:10 Parenting Video Class – “Staying Out of Debt” -Mr. David (5 Merits)</b></p>
	<p>27.  <b>12:00 Pregnancy 101 – “L &amp; D Training Your Birth Coach”</b>          Ms. Jesikah (4 Merits)  <b>1:10 1:10 “Kickin It With Kierra / Biblical Literacy”</b>          - Ms. Kierra (5 Merits)... <b>“Abuse, Addiction &amp; Abandonment”</b>  <b>2:15 Eating 4 The Health of It” Nutrition &amp; Cooking Workshops Sponsor: LSU AG Center (6 Merits / 1-GWV)</b></p>	<p>29.  <b>Open</b>  <b>9:30-</b></p> 	<p>30.  <b>11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits)</b>  <b>12:00 Breast Feeding - Ms. Brenda (4 Merits)</b>  <b>1:10 Parenting Video Class – “Your Financial Future” -Mr. David (5 Merits)</b></p> 