



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</p> 	<p>OPEN 9:30 – 4:30</p>	<p>To Attend Classes</p> <ol style="list-style-type: none"> You MUST call and register for each class. Clients and infants MUST be symptom free. All clients MUST wear a mask. First call in first served due to limited space & social distancing. <p>Also, when you register for class, YOU must register your child.</p> 
<p>2. OPEN 9:30 – 4:30</p>	<p>3. 12:00 Pregnancy 101 – (4 Merits)</p> <p>1:10 Video Series: “Prenatal Care” – Ms. Katherine (5 Merits)</p> <p>2:15 Power House Parenting – “Anger Management” Ms. Teresa (4 Merits)</p>	<p>4. OPEN 9:30 – 4:30</p> 	<p>5.</p> <p>11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits)</p> <p>12:00 Breast Feeding - Ms. Brenda (4 Merits)</p> <p>1:10 Parenting Video Class – “T.A.M.A.R.” -Ms. Donvall (5 Merits + 1 GWV + 1 Pkg. Diapers)</p>
<p>9. OPEN 9:30 – 4:30</p>	<p>10. 12:00 Pregnancy 101 – (4 Merits)</p> <p>1:10 Video Series: “Big Belly Mommy Hacks” – Ms. Jesikah (5 Merits)</p> <p>2:15 Power House Parenting – “Whining” Ms. Teresa (4 Merits)</p>	<p>11. OPEN 9:30 – 4:30</p> 	<p>12.</p> <p>11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits)</p> <p>12:00 Breast Feeding - Ms. Brenda (4 Merits)</p> <p>1:10 Parenting Video Class – “T.A.M.A.R.” -Ms. Donyall (5 Merits + 1 GWV + 1 Pkg. Diapers)</p>
<p>16. OPEN 9:30 – 4:30</p>	<p>17. 12:00 Pregnancy 101 – (4 Merits)</p> <p>1:10 Video Series: “Emotions of Pregnancy” – Ms. Katherine (5 Merits)</p> <p>2:15 Power House Parenting – “Tantrums” Ms. Teresa (4 Merits)</p>	<p>18. OPEN 9:30 – 4:30</p> 	<p>19.</p> <p>11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits)</p> <p>12:00 Breast Feeding - Ms. Brenda (4 Merits)</p> <p>1:10 Parenting Video Class – “T.A.M.A.R.” -Ms. Donyall (5 Merits + 1 GWV + 1 Pkg. Diapers)</p> <p>2:30-3:45 Grace Point Church Workshop: <u>Interviewing Skills</u> 5 Merits (You MUST Register & Be Current to attend)</p>
<p>23. OPEN 9:30 – 4:30</p> 	<p>24. 12:00 Pregnancy 101 – (4 Merits)</p> <p>1:10 Video Series: “What is Safe in Pregnancy” & “Eating For Two” – Ms. Jesikah (5 Merits)</p> <p>2:15 Power House Parenting – “The Importance of Words” & “Sleeping, Bedtimes, Mornings” - Ms. Teresa (4 Merits)</p>	<p>25. OPEN</p> 	<p>26.</p> <p>11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits)</p> <p>12:00 Breast Feeding - Ms. Brenda (4 Merits)</p> <p>1:10 Parenting Video Class – “T.A.M.A.R.” -Ms. Donyall (5 Merits + 1 GWV + 1 Pkg. Diapers)</p> 
<p>30.</p>	<p>31.</p>		