



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 |
|---|--|--|--|
|  1. 12:00 Pregnancy 101 – “Pain and Natural Birth” -Ms. Nastarsha (5 Merits) 1:10 Video Series: Let’s Talk About Sex! -Ms. Crystal (6 Merits + 1 GWV + 1 Diaper) 2:15 Special Sessions: “T.A.M.A.R.” - Ms. Donvell 6 – Merits / 1-Pkg. Diapers | 2. Open 9:30-4:30  | 3. 11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits) 12:00 Breast Feeding - Ms. Brenda (4 Merits) 1:10 Parenting Video Class “Helping Children Thrive in Single Parent Home” -Mr. David (5 – Merits + 1 GWV) | |
| 7. OPEN 9:30 – 4:30  | 8. 12:00 Pregnancy 101 – “Planning For Birth” Ms. Nastarsha (5 Merits) 1:10 Special Sessions: “Let’s Talk About Sex!” -Ms. Crystal (6 Merits + 1 GWV + 1 Diaper) 2:15 Power House Parenting “Toddler Play” – Ms. Jesikah (4 Merits) | 9. Open 9:30-4:30 | 10. 11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits) 12:00 Breast Feeding - Ms. Brenda (4 Merits) 1:10 Parenting Video Class “Learning Discipline with Love and Limits Personality” -Mr. David (5 – Merits + 1 GWV) |
| 14. OPEN 9:30 – 4:30 | 15. 12:00 Pregnancy 101 – “Your Second Trimester” -Ms. Nastarsha (5 Merits) 1:10 Special Sessions: “Let’s Talk About Sex!” -Ms. Crystal (6 Merits + 1 GWV + 1 Diaper) 2:15 Power House Parenting “Toddler Accidents” – Ms. Katherine (4 Merits) | 16. Open 9:30-4:30  | 17. 11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits) 12:00 Breast Feeding - Ms. Brenda (4 Merits) 1:10 Parenting Video Class “Understanding Your Child’s Personality” -Mr. David (5 – Merits + 1 GWV) |
| 21. OPEN 9:30 – 4:30 | 22. 12:00 Pregnancy 101 – “Postpartum” -Ms. Nastarsha (5 Merits) 1:10 Special Sessions: “Let’s Talk About Sex!” -Ms. Crystal (6 Merits + 1 GWV + 1 Diaper) 2:15 Power House Parenting “Toddler Safety” – Ms. Jesikah (4 Merits) | 23. Open 9:30-4:30 | 24. 11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits) 12:00 Breast Feeding - Ms. Brenda (4 Merits) 1:10 Parenting Video Class “Critical Issues” -Mr. David (5 – Merits + 1 GWV)  |
| 28. OPEN 9:30 – 4:30  | <div style="border: 2px solid blue; padding: 10px; text-align: center;"> <p>CARENET CONFERENCE August 29-31, 2023 We Are Closed... </p> </div> | | 30. Closed  <div style="text-align: center;">  CARE Parenting Center 1205 South Pointe Parkway Shreveport, LA 71105 </div>  |