



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...

MON	Tuesday	WED	Thursday
	 <p>Care Parenting Center 1205 South Pointe Parkway Shreveport, LA 71105 318-861-3232</p>		<p>11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits) 1.</p> <p>12:00 Breast Feeding - Ms. Brenda - (4 Merits)</p> <p>1:10 Parenting Video Series: “Anger Management” - Mr. David (5 – Merits) 1 GWV</p> 
<p>5. OPEN 9:30 – 4:30</p>	<p>12:00 Pregnancy 101 – “Medical Pain Relief, Interventions” 6. - Ms. Jesikah (4 Merits)</p> <p>1:10 1:10 “Kickin It With Kierra / Biblical Literacy” - Ms. Kierra (5 Merits)</p> <p>2:15 Power House Parenting – “Mommy Work” 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 - Ms. Brenda - (4 Merits)</p> <p>1:10 Parenting Video Series: “Screen Time and You” - Mr. David (5 – Merits)</p>
<p>12. OPEN 9:30 – 4:30</p>	<p>12:00 Pregnancy 101 – “Planning For Birth” 13. - Ms. Katherine (4 Merits)</p> <p>1:10 1:10 “Kickin It With Kierra / Biblical - Ms. Kierra (5 Merits)</p> <p>2:15 Power House Parenting – “Being Super Mom” Ms. Katherine (4 Merits)</p>	<p>14.</p>  <p>Come get a slice of King Cake!</p>	<p>11:00 Comfort Measures ~4~ Labor – Ms. Pam (4 Merits) 15.</p> <p>12:00 Breast Feeding - Ms. Brenda - (4 Merits)</p> <p>1:10 Parenting Video Series: “Depression and Suicide” - Mr. David (5 – Merits)</p>
<p>19. OPEN 9:30 – 4:30</p>	<p>12:00 Pregnancy 101 – “Postpartum” 20. - Ms. Jesikah (4 Merits)</p> <p>1:10 1:10 “Kickin It With Kierra / Biblical Literacy” - Ms. Kierra (5 Merits)</p> <p>2:15 Power House Parenting – “Car Seat Safety” 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 - Ms. Brenda - (4 Merits)</p> <p>1:10 Parenting Video Series: “Home Health (Housecleaning)” - Mr. David (5 – Merits)</p>
<p>26. OPEN 9:30 – 4:30</p> 	<p>12:00 Pregnancy 101 – “Postpartum Depression” 27. - Ms. Katherine (4 Merits)</p> <p>1:10 1:10 “Kickin It With Kierra / Biblical Literacy” - Ms. Kierra (5 Merits)</p> <p>2:15 Power House Parenting – “Mommy Nutrition” Ms. Katherine (4 Merits)</p> 	<p>28. OPEN 9:30 – 4:30</p> 	<p>TIME: 12 – 2:30 pm Popcorn & Snacks served. You must be current to attend!</p>  