



Class Schedule

May 2025

*** Classes are offered on a first come first served basis, space limitations apply. Please DO NOT arrive more than 15 minutes early. ***

Monday	Tuesday	Wednesday	Thursday	Friday
			1 NO CLASS TONIGHT	2 COMMUNITY CLOSET DAY 10am until it's over!
5	6 12pm: Nutrition <i>Antioxidants</i>	7	8 5pm: <i>Your child's temperament</i> 5pm: Strong Fathers: <i>Balancing Work and Family</i>	9
12	13 12pm: <i>Meal Planning</i>	14	15 5pm: <i>A Class for Us</i> 5pm: Strong Fathers: <i>Passing on Your Values</i>	16
19	20	21	22 5pm: <i>Traits of Strong Families</i> 5pm: Strong Fathers: <i>Healthy Masculinity</i>	23 12pm: Nutrition <i>Exercise</i>
26 CLOSED FOR MEMORIAL DAY	27	28	29 5pm: <i>Bonding with Baby</i> NO STRONG FATHERS CLASS	30

*** Please note that if you are 10 or more minutes late you will be ineligible to participate in class or receive incentives. Thank you for understanding and supporting a positive experience for all our families. ***

Class topics subject to change. Mother and Partner of the baby are welcome to attend classes that pertain to their current needs but may not attend classes that are not applicable to their current needs. Each parent will earn diapers and Crib Club Coupon's for each class they attend. Support persons who are not parents of a child under the age of 5 must receive permission of the Class Coordinator to receive incentives.
