



# Class Schedule

## January 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 CLOSED	2 5pm: <i>Budget Basics</i>  5pm: <i>Strong Fathers Finances</i>	3 11am: <i>Nutrition Resolutions</i>
6	7 12pm: <i>Nutrition Something's Fishy</i>	8	9 5pm: <i>Resolutions</i>  5pm: <i>Strong Fathers Building Your Kids Self-Esteem</i>	10
13	14	15	16 5pm: <i>Blended Families</i>	17 11am: <i>Nutrition 1000 Days</i>
20	21 12pm: <i>Nutrition Vitamin D</i>	22	23 5pm: <i>Sibling Rivalry</i>  5pm: <i>Strong Fathers The Importance of Time</i>	24
27 1pm: <i>Pelvic Floor Class</i> <b>*MUST PRE-REGISTER</b>	28	29	30 5pm: <i>The Importance of Family Meals</i>  5pm: <i>Strong Fathers Who is Watching Your Kids</i>	31

**\*\*\* 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.

---