

Parenting Classes

Classes will take place every Wednesday from 3:30 pm to 4:15 pm.
Our classes will be held at the Bismarck Public Library. Childcare is provided.

Note* December 13th will be at the Heritage Center and will be meeting at 3:00 p.m.*****

December 6th – **“Pelvic Talk with In: Reach Physical Therapy”**

Maddie Westby PT, DPT. Please RSVP

Audience: All parents

December 13th- **“Heritage Center”** meet at the **Heritage Center**

Meet at 3:00-4:00 p.m. Please RSVP

Audience: All parents and children

December 20th- **“Christmas Fun”**

“Charlie Brown Christmas” movie/snacks/crafts

Audience: All parents.

December 27th **“Merry Christmas!!!** Women’s Care Center closed. No classes

By attending class, you will earn 1 coupon for crib club and 10 diapers. If you bring a support person 18 years of age or older you will earn 2 coupons plus a bundle of 20 diapers. The classes need to pertain to your current situation.



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January 3rd – **“Pre-Natal Nursing”** Julie Price O.T. C.L.C. **Please**
RSVP. Audience:
Expecting Parents.

January 10th - **“Resolutions”** Audience:
All parents.

January 17th - **“Setting Limits”** Audience:
All parents.

January 24th – **“Healthy Relationships 1”** Jeannie Nassers
Please RSVP.
Audience: All parents.

January 31st - **“Healthy Relationships 1”** Jeannie Nassers **Please**
RSVP. Audience: All
parents.

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February 7th – **“The 5 Love Languages” Please RSVP.**

Audience: All Parents.

February 14th – **“Transitioning from Nursing to Solid Foods”**

Julie Price O.T. C.L.C. Please RSVP.

Audience: All Expecting and Nursing Parents.

February 21st - **“Healthy Relationships 3 “Jeannie Nassers
Please RSVP.**

Audience: All parents.

February 28th – **“Healthy Relationships 4” Jeannie Nassers
Please RSVP.**

Audience: All parents.

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