

2023

103 E. 1st St. Duluth, MN (218) 623-7100



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|--|---|--|--------|
| 29 CLOSED | 30 | 31 | 1 Mom Support Group w/Bonnie 10 am | 2 |
| 5 | 6 | 7 ZOOM CLASS: Simply Good Eating w/Linda 2:00-3:30pm *NEED TO REGISTER* | 8 H.O.P.E GROUP Noon-1pm | 9 |
| 12 | 13 Homegrown Happiness Backyard Gardening 1 pm | 14 Nutrition Class w/Linda 2-3:30pm | 15 | 16 |
| 19 | 20 Mindful Moms Group w/Debbie 10 am | 21 | 22 H.O.P.E GROUP Noon-1pm | 23 |
| 26 | 27 | 28 Nutrition Class w/Linda 2-3:30pm | 29 Mom Support Group w/Cheri 10 am | 30 |

Sidenotes:

#GiftCardSummer is in effect for these classes! We will have a gift card drawing at EVERY parenting class this month

Parking is provided in the lot adjacent to our center---we need your license plate # when you arrive

Pre-Registration is needed for the following classes:

ZOOM: Simply Good Eating with Linda

H.O.P.E Group (led by PHNs Laura & Rebecca)

*Prenatal & postpartum (up to 1yr) group to focus on the emotions with motherhood. Please talk to your counselor if you are interested in attending (this group will be (2) Thursdays a month, throughout summer).