

~ April 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Prenatal Belly Dancing* 12pm-1pm
4	5 Legal Tips – Landlord/Tenant 7 – 8 pm For Men Only 7 pm – 8 pm	6 Who Am I? God's Definition 12 noon – 1 pm	7 "Perfect As Can Be" Single Mom Support 12 noon – 1:30 pm Newborn Care 7 pm – 8 pm	8 What Is the Gospel? 1 pm – 2 pm	9	10
11	12 Finding the Joy in the Journey 12 noon – 1:30 pm Legal Tips – Landlord/Tenant 7 – 8 pm For Men Only 7 pm – 8 pm	13 20 Fingers & Toes – Dealing with Twins! 1 – 2 pm	14 Baby Basics Trivia 	15 Budgets, Babies, and Balance 12 noon – 1 pm I'm Tired of Turning the Other Cheek. My Face Hurts. 7 pm – 8 pm	16	17
18	19 Baby Basics Trivia 	20 Who Am I? God's Definition 12 noon – 1 pm	21 Breastfeeding 2 pm – 3 pm Newborn Care 12 noon – 1:30 pm	22 Healing from Sexual Abuse 12 noon – 1pm What Is the Gospel? 1 pm – 2 pm	23	24
25	26 Finding the Joy in the Journey 12 noon – 1:30 pm	27 How to Have Smart Kids 12 noon – 1 pm	28 Feeding Your Belly on a Budget 12 noon – 1 p.m.	29 I'm Tired of Turning the Other Cheek. My Face Hurts. 7 pm – 8 pm	30	Notes:

Pregnancy Aid, Inc.
17325 Mack Ave.
Detroit, MI 48224
313.882.1000

www.pregnancyaid.com

Calendar updates on our website.

Our hours: M – Th. 11 am – 1:30 pm
& some evenings and
Saturdays

Raffle Drawing : Win a shopping spree
in our new baby boutique!

Class Descriptions

Breastfeeding – Renee Pearson, an instructor from WIC, reveals the myths of breastfeeding and the benefits. She also offers tips about the WIC program.

Budgets, Babies, and Balance – Mary Adams, an accountant, will offer tips on managing a household budget. Bring your money problems.

Feeding Your Belly on a Budget – Suzy Stockmann, a dietician, will talk about nutrition during pregnancy. She will address health, money, and menu planning. A healthy snack will be provided.

Finding the Joy in the Journey -- Sadie Bolos, motivational speaker, trainer, and coach will lead a discussion on self-esteem and goal setting. Get motivated and allow the beauty within you to unfold and flourish!

For Men Only – Joe Tilchen is a young Christian man with a background in men's ministry. He brings a unique understanding of men's challenges in today's culture. Open discussion of relevant men's issues with a Biblical focus.

Healing from Sexual Abuse – Janis Valenti will share her personal story of child sexual abuse and will offer advice on how to overcome the pain and how to protect your children.

How to Have Smart Kids – Mary Baratta is the president of Pregnancy Aid, mother and new grandmother. She will explain how important reading is to the intellectual development of infants. She will demonstrate effective reading techniques. Please bring your baby.

I'm Tired of Turning the Other Cheek. My Face Hurts – Carrie Hartz leads a frank discussion on Christian forgiveness. Scripture-based.

Legal Tips – Amy Tilchen is a practicing poverty law attorney currently working at Detroit Rescue Mission and Lakeshore Legal Aid. This class is an informative discussion about housing law (landlord/tenant issues including eviction, repairs, subsidized housing, etc.) and family law (child support, paternity, parenting time/custody. Open question and answer period too.

Newborn Care – Ellen Zuidema, a registered nurse, will offer instruction on infant care. Please bring your baby.

"Perfect as Can Be" Single Mom Support – Geneva Talley is a former Pregnancy Aid client and former single mom. She is currently married with children. This support group focuses on the beauty of self, personal responsibility, and the gift of community. Topics vary.

Prenatal Belly Dancing – Gabrielle Deschaine is a licensed counselor who specializes in movement therapy. This belly dancing class is low-impact but clients must check with their doctors before participating.

20 Fingers & Toes – Dealing with Twins! – Natasja Kissau, a mom of twins, will answer questions about the challenges of being pregnant with and raising multiples.

What Is the Gospel? – Tammy Tocco, a Christian mom, discusses how to live the Gospel in today's world. Open discussion is encouraged.

Who Am I? God's Definition – Gwyn Makara is a college-level philosophy instructor with a background in theology and history. In this class, you will learn what God's sees in you, why he made you exactly who you are.

Activity Description

Raffle Drawing – Clients can enter the raffle each time they attend a class or support group. Drawings are once a week. Winners can shop upstairs for brand new baby clothing and accessories.

Baby Basics Trivia – Clients participate by answering questions about pregnancy, STDs and other social issues. Clients who answer correctly win a small baby item.