

~ February 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Baby Basics Trivia  Legal Tips 7 pm – 8 pm	2 How to Have Smart Kids 12 noon – 1 pm	3 Let's Talk about Sex 1pm – 2 pm	4 Open Discussion 12 noon – 1 pm	5	6
7	8 Getting to the Heart of Love 1 pm – 2 pm For Men Only 7 pm – 8 pm	9 Who Am I? God's Definition 12 noon – 1 pm Safety for Your Baby 7pm – 8 pm	10 What Is the Gospel? 1 pm – 2 pm	11 I'm Tired of Turning the Other Cheek. My Face Hurts. 7 pm – 8 pm	12	13 Prenatal Belly Dancing* 12pm-1pm
14	15 Baby Basics Trivia  Legal Tips 7 pm – 8 pm	16 How to Have Smart Kids 12 noon – 1 pm	17 Let's Talk about Sex 1pm – 2 pm Breastfeeding Class 2 pm – 3 pm	18 "Perfect As Can Be" Single Mom Support 12 noon – 1:30 pm	19	20
21	22 Finding the Joy in the Journey 11:30 am – 12:30 pm Getting to the Heart of Love 1 pm – 2 pm	23 Who Am I? God's Definition 12 noon – 1 pm	24 What Is the Gospel? 1 pm – 2 pm	25 I'm Tired of Turning the Other Cheek. My Face Hurts. 7 pm – 8 pm	26	27
28	Notes: * Please check with your doctor before participating in this class.					

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

**Our hours: M – Th. 11 am – 1:30 pm
 & 7 pm – 8:30 pm**

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

Calendar updates on our website.

Class Descriptions

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.

Getting to the Heart of Love – Rev. Eric Russ is a non-denominational Christian pastor at Mack Ave. Community Church. He talks about God’s plan for healthy relationships. Scripture-based. Topics vary.

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.

Legal Tips – Amy Tilchen is a practicing poverty law attorney currently working at Detroit Rescue Mission and Lakeshore Legal Aid. 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.

Let’s Talk about Sex – Preston Tindall uses his personal testimony to talk about sex, STDs, and healthy relationships.

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

“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.

Safety for Your Baby – Learn safety tips and ways to protect your baby as he or she grows. Stefanie is a 4th year medical student pursuing emergency room medicine.

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.