

~ July 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 What Is the Gospel? 1 – 2 pm	2	3
4	5 The Beauty of Your Body 1 – 2 pm	6 Who Am I? God's Definition 12 noon – 1 pm	7 20 Fingers & Toes 12 – 1 pm	8 Baby Basics Trivia 	9	10
11	12 Seeing Yourself through God's Eyes 12 noon – 1 pm	13 Hot Relationships 12 – 1 pm	14 Budgeting, Babies & Balance 12 noon – 1 pm	15 Healing from Sexual Abuse 12 noon – 1 pm What Is the Gospel? 1 – 2 pm	16	17
18	19 Seeing Yourself through God's Eyes 12 noon – 1 pm	20 Who Am I? God's Definition 12 noon – 1 pm	21 "Perfect As Can Be" Single Mom Support 12 noon – 1:30 pm Breastfeeding 2 – 3 pm	22 Baby Basics Trivia  Belly Dancing 7 – 8 pm	23	24
25	26 Finding the Joy in the Journey 12:30 pm – 1:30 pm	27 I Could Write a Book!! 12 noon – 1 pm	28 Feeding Your Belly on a Budget 12 noon – 1 pm	29 What Is the Gospel? 1 – 2 pm	30	31

More Calendars: [2011 Calendar](#), [2012 Calendar](#), [Calendar Template](#)

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 baby boutique!

Class Descriptions

The Beauty of Your Body – Sowmya Rasa, a 3rd year medical student, will explain how your menstrual cycle works and why it's important to understand it. She will also discuss the drawbacks of common contraceptives and the dangers of STIs.

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!

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.

Hot Relationships – Licensed counselor Carolyn Anderson will discuss what's "hot" and what's not when it comes to healthy romantic relationships.

I Could Write a Book! – Nancy Anter, college writing instructor and author, will show you how you can write your "story," with the goal of helping other women with their unplanned pregnancies.

"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.

Seeing Yourself through God's Eyes – Carrie Hartz leads a frank discussion on how your view of yourself affects your everyday life. Scripture-based.

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

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

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.