

~ March 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Baby Basics Trivia 	2	3 Newborn Care 12 noon – 1:30 pm	4	5	6
7	8	9 Who Am I? God's Definition 12 noon – 1 pm	10 "Perfect As Can Be" Single Mom Support 12 noon – 1:30 pm	11 What Is the Gospel? 1 pm – 2 pm	12	13 Prenatal Belly Dancing* 12pm-1pm
14	15 Finding the Joy in the Journey 11:30 am – 1:00 pm For Men Only 7 pm – 8 pm	16 How to Have Smart Kids 12 noon – 1 pm	17 Breastfeeding Newborn Care 2 pm – 3 pm 7 pm – 8:30 pm	18 Baby Basics Trivia 	19	20
21	22 Baby Basics Trivia  Legal Tips 7 pm – 8 pm	23 Who Am I? God's Definition 12 noon – 1 pm	24 Feeding Your Belly on a Budget 12 noon – 1 p.m.	25 What Is the Gospel? 1 pm – 2 pm I'm Tired of Turning the Other Cheek. My Face Hurts. 7 pm – 8 pm	26	27
28	29 Finding the Joy in the Journey 12 noon – 1:30 pm For Men Only 7 pm – 8 pm	30	31	Notes: * Please check with your doctor before participating in this class.		

Pregnancy Aid, Inc.
17325 Mack Ave.
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www.pregnancyaid.com

Calendar updates on our website.

**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!

Class Descriptions

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.

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.

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. 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 and Lisa Delia, both registered nurses, 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.

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