

~ September 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 What Is the Gospel? 12 noon – 1 pm Newborn Care 1 pm – 2:30 pm	3	4
5	6 CLOSED FOR LABOR DAY	7 Hot Relationships 12 – 1 pm	8 Open Discussion 12 noon – 1 pm	9 Newborn Care 1 pm – 2:30 pm	10	11
12	13 Who Am I? God's Definition 12 noon – 1 pm	14 Writing for Life 12 noon – 1 pm	15 Breastfeeding 2 – 3 pm	16 What Is the Gospel? 12 noon – 1 pm Budgeting, Babies & Balance 1pm – 2 pm	17	18
19	20 Baby Basics Trivia 	21 Finding the Joy in the Journey 12:30 pm – 2:00 pm	22 Vaccinations for Your Baby 12 noon – 1 pm	23 Making Good Relationships 1 pm – 2 pm	24	25
26	27 Who Am I? God's Definition 12 noon – 1 pm	28 Healthy Eating for You and Your Baby 12 noon – 1 pm	29 "Perfect As Can Be" Single Mom Support 1 pm – 2:30 pm	30 What Is the Gospel? 12 noon – 1 pm Making Good Relationships 1 pm – 2 pm	Notes:	

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

Pregnancy Aid, Inc.
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Detroit, MI 48224
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www.pregnancyaid.com

Calendar updates on our website!

Our hours: Mon. – Thurs., 11 am – 1:30 pm
Tues. & Thurs., 7 pm – 8:30 pm
Some Saturdays

Raffle Drawing : Win a shopping spree in our 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.

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!

Healthy Eating for You and Your Baby – Suzy Stockmann, a dietician, will talk about nutrition for you and your baby. She will address health, money, and menu planning. A healthy snack will be provided.

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

Making Good Relationships – Sue Walker, a Christian mom, will guide you through exercises that help you analyze how you choose relationships.

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

Open Discussion – Torrie Battle, a former Pregnancy Aid client, will lead a discussion on topics relevant to single moms.

“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.

Vaccinations for Your Baby – Sowmya Rasa, a 3rd year medical student, will explain vaccination schedules for babies. She will also describe the benefits of vaccines.

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.

Writing for Life – Joselyn Evans will lead a discussion & writing session about your decision to choose life for your baby.

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.