

706.639.1889


A+ Women's Care apluswomenscare.org

A+ Mom's Club

For all New and First Time Expectant Moms

TOPICS COVERED

Health/Nutrition/Exercise

Your Changing Body

Sexual Integrity

What to Expect During Delivery

What to Expect the First Couple of Weeks

Preparing for Baby's Arrival

Making Plans - Budgeting, Setting Goals, and Time Management

AND MUCH MORE!!!



*PLAN TO BUILD AN ESSENTIAL BABY "DIAPER" BAG & MAKE A BABY BOOK.
YOU WILL TAKE THESE HOME AT THE END OF THE COURSE.*

A+ Dad's Club

For all New and Soon-to-Be Dads

TOPICS COVERED

Understanding Yourself

Handling & Expressing Emotions

Fathering & Family Roles

Balancing Work & Family

Getting Involved with Children

Discipline, Rewards, & Punishment

Fathering & Culture

AND MUCH MORE!!!

BOTH CLASSES
When: Monday
Time: 5:30 - 7:00 p.m.
Where: A+ Women's Care
Available at NO COST!

Contact the center
for the next
class session
start date.



*PLAN TO BUILD AN ESSENTIAL TOOL BAG.
YOU WILL TAKE THIS HOME AT THE END OF THE COURSE.*