

JUNE 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4 Picky Eating 11am-12pm	5 Sing Read Play 11am-12pm HTW Weight Management 6pm-7pm	6 Cooking Class 5:30pm-6:30pm	7	8
9	10 Infant CPR 10am-11am	11 Mindfulness Youth 1pm-2pm Mindfulness Teen 6pm-7pm	12 Parent Support Group 6pm-7pm	13	14 Baby Shower Event* 11am-2pm	15
16	17 Infant CPR 10am-11am Car Seat Safety 11:30am-12:30pm	18 Mindfulness Youth 1pm-2pm	19 CLOSED	20 Prediabetes & Diabetes 6pm-7pm	21	22 Cooking Class 1pm-2pm
23	24 Breastfeeding 10am-11am Baby Basics 11am-12pm	25 Mindfulness Youth 1pm-2pm Mindfulness Teen 6pm-7pm	26 Triple P Parenting 1pm-2pm	27 Breastfeeding 2pm-3pm Car Seat Safety 3pm-4pm	28	29
30						

Baby Basics

A new baby is a life changer! In this class, you'll learn what to expect during your first few weeks at home with your newborn.

Breastfeeding Basics

Breastfeeding is one way to give your baby important nutrition. This class will discuss the benefits of breastfeeding, how to get ready to breastfeed, methods, and common problems.

Car Seat Safety

Baby on board! Learn how to safely install your child's car seat and when to upgrade to a different car seat as your child grows. Please note that car seats are not gifted as part of this class.

Cooking with Confidence

Build your kitchen skills and nutrition knowledge! This class includes a short cooking demo and tips for making healthy breakfast, lunch, and snacking choices.

Healthy Texas Women: Prediabetes & Diabetes Nutrition

Learn how to manage your blood sugar through healthier food choices. This class is offered to actively covered Healthy Texas Women members who are not pregnant.

Infant CPR

Learn how to react if your baby is choking and/or not responding. This class follows the guidelines and techniques of the American Heart Association. Please note that you will not get a CPR certification as part of this class.

Mindfulness Youth and Teen

Learn to focus on breathing, awareness, meditation, and relaxation. Free yoga mats, drinks, snacks, and giveaways.

Picky Eating

Learn tips to help your child accept new foods, eat a wider variety of foods, and have improved behavior at mealtimes.

Parent Support Group

A monthly parent/caregiver only meet-up for families that have a child/children with Autism or other Developmental Disorders. Using the "Positive Adult Development" curriculum, parents are able to discuss ways to manage stress, navigate challenges, and celebrate successes related to balancing parenting and self-care.

Sing Read Play

Help your baby grow and thrive! A class for babies 6-9 months and their parents/caregivers. Free gifts.

Triple P: Parenting Class

Learn simple ways to build strong, healthy relationships with your children.

*** Baby Shower Event**

Come and enjoy snacks, games, and gifts, while learning about labor and delivery, postpartum depression, and the benefits of a postpartum visit.

TO REGISTER FOR CLASSES, CALL 832-828-1592

Event dates and times are subject to change. These are member events only. Members must register for classes.

The Center for Children and Women Greenspoint, 700 N. Sam Houston Prkwy W, Houston, TX 77067 jointhecenter.org