

JUNE 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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2	3 Infant CPR 10am-11am	4	5	6 CLOSED	7	8
9	10	11 Car Seat Safety 11am-12pm	12	13	14	15
16	17	18 Baby Basics 10:30am-11:30am	19	20	21 Baby Shower Event* 11am-2pm	22
23	24 Infant CPR 12pm-1pm Car Seat Safety 1pm-2pm	25 Breastfeeding 10am-11am	26	27	28	29
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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.

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.

*** 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 832-828-1511

Event dates and times are subject to change. These are member events only. Members must register for classes.
The Center for Children and Women Southwest, 9700 Bissonnet St., Houston, TX 77036 jointhecenter.org