

MAY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9 Stay Fit 5pm-7pm	10	11
12	13 Breastfeeding 10am-11am Baby Basics 11am-12pm	14 Car Seat Safety 10am-11am	15	16 Stay Fit 5pm-7pm	17	18
19	20	21	22	23 Car Seat Safety 5pm-6pm	24	25
26	27 HOLIDAY/ CLOSED	28	29 Car Seat Event* 3pm-6pm	30 Infant CPR 4pm-5pm	31	

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.

Stay Fit

Help your child learn fun, easy ways to stay active and make smart food choices in the Stay Fit Program! Available to members ages 6 - 18.

*** Car Seat Event**

Learn how to safely install your child's car seat according to your child's weight, size, and age.

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