

January












Time of Group Classes

MONDAYS	10:00 am in person (English)
TUESDAYS	4:15 pm in person (English)
WEDNESDAYS	8:45 am via Zoom (English)
THURSDAYS	4:15 pm in person (Spanish)

Class type

● MUM'S CHAT	● FAITH
● PREGNANCY	● COMMUNITY CLASSES

POSITIVE OPTIONS

Monday	Tuesday	Wednesday	Thursday	Friday
30	31 	1 	2	3
6	7	8	9 	10 
BABY BRAIN: Overload with a toddler	BABY BRAIN: Overload with a toddler	BABY BRAIN: Overload with a toddler	CEREBRO DEL BEBÉ: Sobrecarga con un niño pequeño	
13	14	15	16 	17 
Nutrition & Exercise during Pregnancy	Nutrition & Exercise during Pregnancy	Nutrition & Exercise during Pregnancy	Nutrición y Ejercicio durante el Embarazo	
20	21 	22	23 	24 
GUILTY MOM SYNDROME	BREASTFEEDING BASICS (6:30 - 8 PM) GUILTY MOM SYNDROME	GUILTY MOM SYNDROME	SÍNDROME DE LA MAMA CULPABLE	
27	28	29	30 	31 
FAITH FOUNDATION: Jesus Equips the Ordinary	FAITH FOUNDATION: Jesus Equips the Ordinary	FAITH FOUNDATION: Jesus Equips the Ordinary	FUNDAMENTO DE FE: Jesús Capacita a los Ordinarios	

February

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THURSDAYS	4:15 pm in person (Spanish)

Class type

● MUM'S CHAT	● FAITH
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POSITIVE OPTIONS

Monday	Tuesday	Wednesday	Thursday	Friday
27	28 	29	30	31
3	4	5	6 	7
When Patience Runs out	When Patience Runs out	When Patience Runs out	Cuando la Paciencia se Agota	
10	11	12	13 	14 
Emotions of Pregnancy	Emotions of Pregnancy	Emotions of Pregnancy	Emociones durante el Embarazo	
17	18 	19	20 	21
Baby Milestones & Competitive moms	NAVIGATING POSTPARTUM WITH CONFIDENCE (6:30 - 8 PM) Baby Milestones & Competitive moms	Baby Milestones & Competitive moms	Metas del Bebé y Mamás Competitivas	
24	25	26	27 	28 
FAITH FOUNDATION: Jesus Enables the Faithful	FAITH FOUNDATION: Jesus Enables the Faithful	FAITH FOUNDATION: Jesus Enables the Faithful	FUNDAMENTO DE FE: Jesús Fortalece a los Fieles	

March

Time of Group Classes

MONDAYS	10:00 am in person (English)
TUESDAYS	4:15 pm in person (English)
WEDNESDAYS	8:45 am via Zoom (English)
THURSDAYS	4:15 pm in person (Spanish)

Class type

● MUM'S CHAT	● FAITH
● PREGNANCY	● COMMUNITY CLASSES

POSITIVE OPTIONS

Monday	Tuesday	Wednesday	Thursday	Friday
24	25	26	27	28 
3	4 	5	6 	7
Infants and Sleep Deprivation	Infants and Sleep Deprivation	Infants and Sleep Deprivation	Bebés y Privación de Sueño	
10	11	12	13 	14 
Big Belly Mom hacks	Big Belly Mom hacks	Big Belly Mom hacks	Trucos para Mamás con vientre gordo	
17	18 	19	20 	21
Body Image Post Baby	HEALTHY BOUNDARIES (6:30 - 8 PM) Body Image Post Baby	Body Image Post Baby	Imagen Corporal Después del Bebé	
24	25	26	27 	28 
FAITH FOUNDATION: Jesus Heals the Wounded	FAITH FOUNDATION: Jesus Heals the Wounded	FAITH FOUNDATION: Jesus Heals the Wounded	FUNDAMENTO DE FE: Jesús Sana a los Heridos	