

Life Development

Class Description	Date	Day	Time
Circles Info Session	Jan. 23	F	12:30 pm

Spiritual Growth & Healing

Accent on Christ Meetings	Every	MWSU	7:00 pm
Ladies Bible Study	Every	T	10:00 am
Strengthening Women	Jan. 14	W	12:00 pm
Strengthening Men	Jan. 8	R	10:00 am

Healthy Relationships

Healthy Relationships	Jan. 20	T	12:30 pm
5 Parts to a Healthy Relationship	Jan. 15	R	12:00 pm

Financial Stability

Bank on Evansville	Jan. 20	T	5:45 pm
	Jan. 22	R	12:30 pm
Habitat for Humanity	Jan. 8	R	12:30 pm
Money Management	Jan. 22	R	10:00 am

ATTENTION:
For any questions or to register for a class please contact the Evansville Christian Life Center at www.restoringpeople.com or call 812.423.9222

Healthy Living

Class Description	Date	Day	Time
Support for Breastfeeding Mothers	Jan. 21	W	12:00 pm
Newborn Baby Care	Jan. 21	W	10:00 am
ABC's of Breastfeeding	Jan. 8	R	11:00 am
Safe Sleep Saves Lives	Jan. 8	R	10:00 am
	Jan. 27	T	10:00 am
4C's Presents:	Jan. 13	T	1:00 pm
Car Seat Safety	Jan. 29	R	1:00 pm
Ages and Stages	Jan. 7	W	11:00 am
Cloth Diapering	Jan. 9	F	10:00 am
Baby and Me Tobacco Free	Every	W	By appointment
Spanish Family Nutrition	Jan. 30	R	12:00 pm
Dental Health Class	Jan. 11	R	1:00 pm
Childbirth Preparation	Jan. 8, 15	R	12:00 - 2:00 pm

Day Guide

M=Monday
T=Tuesday
W=Wednesday
R=Thursday
F=Friday
S=Saturday
U=Sunday
Every=Weekly on same day

PROGRAM DESCRIPTIONS

Life Development

Circles Initiative – Want to get ahead in life instead of just getting by? Learn more about this innovative campaign designed to move families forward and transform communities.

Spiritual Growth & Healing

Strengthening Men - Encouragement and guidance provided to expectant fathers and daddies of young children. For men only. New class!

Accent on Christ - This confidential 12-step Christ-centered approach to recovery is a non-residential program open to anyone seeking a safe, loving, and healing environment in which to break free from addiction. Meets in AOC building.

Ladies Bible Study - Wherever you are in your faith walk or biblical knowledge, you will be encouraged by fellowship with other women.

Strengthening Women - Encouragement to overcome abuse and poor self-esteem, to become everything God intended you to be.

Healthy Relationships

Healthy Relationships - Learn effective communication techniques and conflict resolution. Important topics like the consequences of choosing unhealthy partners, and red and green “flags” in relationships.

5 Parts of a Healthy Relationship - Learn about the importance of commitment in relationships.

Financial Stability

Bank on Evansville - Bank on Evansville offers free, high-quality financial training for individuals. Learn how to: budget, manage checking and savings accounts, pay off debt, and improve credit.

Habitat for Humanity - Are you interested in owning your own home? Discover how it could be possible with the help of Habitat for Humanity. Come and learn more at this information session.

Money Management - This informational class provides money management tips for families as well as helpful ideas for living on a budget. Presented by Purdue Extension.

OPEN MEETINGS

No registration necessary for Recovery meetings and they are located in the Accent On Christ building on the ECLC campus.

ATTENDEES MUST CALL TO REGISTER FOR ALL COMMUNITY OUTREACH PROGRAM CLASSES

Please call 812.423.9222 to register now

Healthy Living

Dental Health Class - Learn from a dentist! Hints and helps for beginning good dental health habits with your children. Children are welcome to attend!

Childbirth Preparation Class - If you are expecting before June, sign-up now! The class is free. Call for a reservation.

ABC's of Breastfeeding – For women only, a general discussion of the how-to's of breastfeeding. Find answers to your questions here. Facilitated by a lactation specialist from Deaconess Womens Hospital.

4C's Presents- Topic to be announced.

Safe Sleep Saves Lives – The most up-to-date instruction about preventing infant suffocation and crib death. Required class to receive a safe crib.

Support for Breastfeeding Mothers – Problem solving among friends, to help breastfeeding moms enjoy their infants. Facilitated by a lactation specialist from Deaconess Women's Hospital.

Car Seat Safety – Mandatory child car seat safety class for Parenting Rewards clients. Discuss the do's and don'ts of car seat safety and installation with a certified technician.

Baby and Me Tobacco Free - Support and encouragement to help pregnant women quit smoking. Call (812) 423-9222 for appointment.

Have a Healthy Baby - A variety of interesting topics for women at any stage of pregnancy. Presented by CAPE Minority Health.

Cloth Diapering - Everything you need to know about cloth diapering and safe “Baby Wearing”.

Spanish Family Nutrition - Spanish session explaining the educational resources available to hispanic families. Presented by Purdue Extension.

Ages and Stages - A program for parents to help their children from newborn to five years, to become school ready and reach their full potential.

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