

EVANSVILLE CHRISTIAN LIFE CENTER
LIFE SKILLS CLASS CALENDAR
- APRIL 2015 -



*Each month we offer free classes on Financial Stability, Healthy Living,
Life Development, Relational Health, and Spiritual Growth.
Check out this month's schedule below.*



ECLC LIFE SKILLS CLASSES – APRIL 2015

CALL 812-492-0721 FOR RESERVATIONS

FINANCIAL STABILITY

EATING WELL ON A BUDGET: Thurs, Apr 16. 10:00 a.m.

Great ideas for economical meal planning. Presented by Purdue Family Nutrition Program.

BANK ON EVANSVILLE: Tues, Apr 21. 5:45 p.m. & Thurs, Apr 23. 12:30 p.m. Call to RSVP.

If you don't have a bank account, the advantages of having one are explained.

MONEY MANAGEMENT: Thurs, Apr 23. 10 a.m.

Presented by Purdue Extension.

SPANISH NUTRITION & FAMILY BUDGETING: Wed, Apr 29. 12:00 noon

LIFE DEVELOPMENT

HABITAT FOR HUMANITY INFO SESSION: Thurs, Apr 9. 12:30 p.m.

Are you interested in owning your own home? It may be possible with Habitat for Humanity of Evansville.

ANTI-POVERTY (FORMERLY CIRCLES®) INFO SESSION: Fri, Apr 24. 12:30 p.m.

How to improve your family's place in the community by participating in a very successful Life Center program.

RELATIONAL HEALTH

STRENGTHENING WOMEN: Wed, Apr 8. 12:00 noon

Encouragement to overcome abuse and poor self-esteem, to become the strong woman and mother God created you to be. Continuing "Single Parenting That Works."

PRACTICAL FATHERHOOD: Thurs, Apr 9. 11:00 a.m.

Encouragement and guidance provided to expectant fathers and daddies of young children.

WHAT'S IN YOUR CLOSET? : Thurs, Apr 16. 12:00 noon

Is your emotional closet as messy as mine? What about your thought closet, the closet in your mind? A look at how this affects your relationships.

HEALTHY RELATIONSHIPS: Tues, Apr 21. 12:30 p.m.

How to make good decisions and develop positive relationships with other adults and your family.

Presented by the staff of Albion Fellows Bacon Center.

STRENGTHENING MEN - PRACTICAL LESSONS IN JOB SEEKING SKILLS: Thurs, Apr 23. 11:00 a.m.

Encouragement and guidance provided to expectant fathers and daddies of young children. (Class is for men only.)

SPIRITUAL GROWTH

LADIES BIBLE STUDY: Tues, Apr 7, 14, 28. 11:00 a.m. & Tues, Apr 21. 10:00 a.m.

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

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HEALTHY LIFESTYLE

BABY AND ME TOBACCO FREE: Every Wed morning. Call for appointment.

Offering support and encouragement to help pregnant women quit smoking and stay quit.

MOTHER CARE AFTER BABY ARRIVES: Wed, Apr 1. 10:00 a.m.

Health care hints and signs for mothers to use after delivery. For those in the last trimester of pregnancy or 3 months after.

INFANT FEEDING: Wed, Apr 1. 11:00 a.m.

Everything parents need to know about infant formulas, breastfeeding, & introducing solid food. This month: Hints for feeding Newborn to 6 month olds.

BREASTFEEDING MOMS SUPPORT GROUP: Wed, Apr 1. 12:00 noon

Problem solving to help breastfeeding moms enjoy their infants. Weight checks provided & counseling with a lactation nurse.

HAVE A HEALTHY BABY: Thurs, Apr 2, 16, & 30. 10:00 a.m.

Covers a variety of topics to help women's health during pregnancy. Presented by CAPE minority health initiative.

DANGERS OF 1ST, 2ND, 3RD HAND SMOKE IN PREGNANCY AND FOR KIDS: Tues, Apr 7. 10:00 a.m.

Presented by Ivy Tech senior nursing students.

POTTY TRAINING: Tues, Apr 7. 1:00 p.m.

Presented by Ivy Tech senior nursing students.

PROTECTING YOUR BODY AGAINST DISEASE: Thurs, Apr 9. 12:00 noon

The possible negative health consequences of sexual activity.

SAFE SLEEP SAVES LIVES!: Thurs, Apr 9 & Thurs, Apr 29. 10:00 a.m.

The most up-to-date instruction about preventing infant suffocation & crib death. Attendance is required to receive a safe crib.

ABC'S OF BREASTFEEDING: Thurs, Apr 9. 11:00 a.m.

Information to help pregnant women make the decision about how to best nourish their babies.

CLOTH DIAPERS AND SAFE BABY WEARING: Fri, Apr 10. 10:00 a.m.

Full explanation of the advantages and convenience of using today's cloth diapers. Class also includes a demonstration of various types of baby carriers & slings.

STAYING SAFE AT PLAY--HIKING AND BICYCLE SAFETY TIPS: Tues, Apr 14. 10:00 a.m.

Including places to safely bike and hike in the Evansville area. Presented by Ivy Tech senior nursing students.

WHAT POISONS LURK IN YOUR HOME?: Tues, Apr 14. 1:00 p.m.

Evaluate your living environment. Presented by Ivy Tech senior nursing students.

SERVICES AVAILABLE TO PARENTS THROUGH 4C'S: Tues, Apr 14. 12:00 noon

Selecting Quality Child Care, using the voucher program and applying to the On My Way Pre-K Vanderburgh program.

NEWBORN BABY CARE: Wed, Apr 15. 10:00 a.m.

Learn how to care for Newborns through a hands-on demonstration. For parents in 3rd trimester of pregnancy or with infants up to 1 month of age.

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HEALTHY LIFESTYLE

CAR SEAT SAFETY: Thurs, Apr 23. 1:00 p.m.

Presentation on the rules for installation and the safe use of car seats with young children.

WATER SAFETY WITH KIDS: Tues, Apr 28. 10:00 a.m.

Prepare for the summer outdoor season. Presented by Ivy Tech senior nursing students.

POST PARTUM DEPRESSION: Tues, Apr 28. 1:00 p.m.

Prepare for the summer outdoor season. Warning signs and prevention for new moms.