

EVANSVILLE CHRISTIAN LIFE CENTER
LIFE SKILLS CLASS CALENDAR
- MARCH 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 – MARCH 2015

CALL 812-492-0721 FOR RESERVATIONS

FINANCIAL STABILITY

BANK ON EVANSVILLE: Tues, Mar 17. 5:45 p.m. & Thurs, Mar 26. 12:30 p.m. Call to RSVP.

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

SPANISH NUTRITION & FAMILY BUDGETING: Wed, Mar 25. 12:00 noon

EATING WELL ON A BUDGET: Thurs, Mar 26. 10:00 a.m.

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

LIFE DEVELOPMENT

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

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

HOMELESS CONNECT: Thurs, Mar 19. 9:00 a.m. - 2:00 p.m. At the Old National Events Centre.

One day, one stop to get help you need. (The Evansville Christian Life Center services are closed this day.)

CIRCLES® INFO SESSION: Fri, Mar 27. 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

RELATIONSHIPS AND MEDIA: Thurs, Mar 5. 12:00 noon

How does what we watch, read, and listen to affect how we relate to others?

STRENGTHENING WOMEN: Wed, Mar 11. 12:00 noon

Encouragement to overcome abuse and poor self-esteem, to become the strong woman and mother God created you to be.

STRENGTHENING MEN - JOB SKILLS: EMPLOYMENT APPLICATIONS: Thurs, Mar 12. 10:00 a.m.

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

HEALTHY RELATIONSHIPS: Tues, Mar 17. 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.

SPIRITUAL GROWTH

LADIES BIBLE STUDY: Tues, Mar 3, 10 17, 31. 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.

SERVICES TO PARENTS AVAILABLE THROUGH 4C'S: Tues, Mar 10. 1:00 p.m.

Information about Play and Learn groups and the Power of Parenting programs.

SAFE SLEEP SAVES LIVES: Thurs, Mar 12 & Wed, Mar 25. 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, Mar 12. 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, Mar 13. 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.

BREASTFEEDING MOMS SUPPORT GROUP: Wed, Mar 18. 12:00 noon

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

NEWBORN BABY CARE: Wed, Mar 18. 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.

INFANT FEEDING: Wed, Mar 18. 11:00 a.m.

Everything parents need to know about infant formulas and breastfeeding. This month: hints for feeding newborn to 6 month olds.

SKIN CONDITIONS IN INFANTS AND CHILDREN: Tues, Mar 24. 10:00 a.m.

Information about how to prevent, identify, and treat diaper rash, eczema, ringworm, and impetigo.

Presented by Ivy Tech nursing students.

HEALTHY FOODS FOR FINICKY KIDS AND PREGNANT WOMEN: Tues, Mar 24. 1:00 p.m.

Fun meal preparation ideas that appeal to the most fussy eaters. Presented by Ivy Tech nursing students.

CAR SEAT SAFETY: Thurs, Mar 26. 1:00 p.m.

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