

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

CALL 812.492.0721 FOR RESERVATIONS

FINANCIAL STABILITY

BANK ON EVANSVILLE: Tues, June 16. 5:45 p.m. & Thurs, June 25. 12:30 p.m. Call to RSVP.

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

USING ENERGY WISELY: Wed, June 17. 12:30 p.m.

Presented by Vectren.

EATING WELL ON A BUDGET: Thurs, June 18. 10:00 a.m.

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

SPANISH NUTRITION & FAMILY BUDGETING: Wed, June 24. 12:00 noon

MONEY MANAGEMENT: Thurs, June 25. 11:00 a.m.

Presented by Purdue Extension.

LIFE DEVELOPMENT

HABITAT FOR HUMANITY INFO SESSION: Thurs, June 11. 12:30 p.m.

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

BREAK THE POVERTY CYCLE! (FORMERLY CIRCLES®): Fri, June 26. 12:30 p.m.

How to improve your family's place in the community by participating in the ECLC's very successful Anti-Poverty Initiative.

RELATIONAL HEALTH

COMMUNICATION GAP: Thurs, June 4. 12:00 noon

Learn how to listen and really communicate.

STRENGTHENING WOMEN: Wed, June 10. 12:00 noon

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

PRACTICAL FATHERHOOD: Thurs, June 11 & 25. 10:00 a.m.

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

HEALTHY RELATIONSHIPS: Tues, June 16. 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.

MEDIA MADNESS: Thurs, June 18. 12:00 noon

Ways media affects our lives and our relationships.

SPIRITUAL GROWTH

LADIES BIBLE STUDY: Tues, June 2, 9, 16, 23 & 30. 10:00 a.m.

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

ECLC LIFE SKILLS CLASSES – JUNE 2015

CALL 812.492.0721 FOR RESERVATIONS

HEALTHY LIFESTYLE

MOTHER CARE AFTER BABY ARRIVES: Wed, June 3. 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.

BREASTFEEDING MOMS SUPPORT GROUP: Wed, June 3 & 24. 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, June 4 & 25. 10:00 a.m.

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

SERVICES AVAILABLE TO PARENTS THROUGH 4C'S: Tues, June 9. 12:00 noon

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

INFANT FEEDING: Wed, June 10. 11:00 a.m.

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

SAFE SLEEP SAVES LIVES!: Thurs, June 11. 10:00 a.m. & Wed, June 24. 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, June 11. 11:00 a.m.

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

NEWBORN BABY CARE: Wed, June 17. 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.

CLOTH DIAPERS AND SAFE BABY WEARING: Fri, June 19. 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.

CAR SEAT SAFETY: Thurs, June 25. 1:00 p.m.

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

HEALTHY FAMILIES INFO SESSION: Tues, June 30. 1:00 p.m.

Very helpful in-home program that encourages healthy development in young children.