

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

CALL 812.492.0721 FOR RESERVATIONS

FINANCIAL STABILITY

BANK ON EVANSVILLE: Tues, Sept 15. 5:45 p.m. & Thurs, Sept 24. 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, Sept 16. 12:30 p.m.

Presented by Vectren.

EATING WELL ON A BUDGET: Thurs, Sept 17. 10:00 a.m.

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

MONEY MANAGEMENT: Thurs, Sept 24. 10:00 a.m.

Presented by Purdue Extension.

SPANISH NUTRITION & FAMILY BUDGETING: Wed, Sept 30. 11:00 a.m.

LIFE DEVELOPMENT

HABITAT FOR HUMANITY INFO SESSION: Thurs, Sept 10. 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, Sept 25. 12:30 p.m.

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

RELATIONAL HEALTH

STRENGTHENING WOMEN - KEY ASPECTS OF CHARACTER BUILDING: Wed, Sept 9. 12:00 noon

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

THE DAD DIFFERENCE - PART 1: Thurs, Sept 10. 10:00 a.m.

For men who are expecting or have children under the age of two. Learn the basics of what to expect with pregnancy and baby care and the importance of being a dad.

HEALTHY RELATIONSHIPS: Tues, Sept 15. 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.

THE DAD DIFFERENCE - PART 2: Thurs, Sept 24. 10:00 a.m.

Men who are involved with their children are usually happier and lead more satisfied lives. Learn the basics of why a dad is important and the basics of being a dad.

SPIRITUAL GROWTH

LADIES BIBLE STUDY: Tues, Sept 1, 8, 22, & 29. 10:00 a.m. & Tues, Sept 15. 11:00 a.m.

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

MEN AT PARENTING REWARDS - INTRO TO "H2O": Thurs, Sept 3. 5:30-7:30 p.m.

A unique seven session DVD-based journey of discovery & faith. Everyone thirsts but there is only one drink that can satisfy.

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HEALTHY LIFESTYLE

MOTHER CARE AFTER BABY ARRIVES: Wed, Sept 2. 10:00 a.m.

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

BREASTFEEDING MOMS SUPPORT GROUP - PUMPING FOR SUCCESS: Wed, Sept 2. 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, Sept 3, 17, 24. 10:00 a.m.

Pregnant? Learn information covering a variety of topics and tips on good prenatal health.

Presented by CAPE minority health initiative.

ABC'S OF BREASTFEEDING: Thurs, Sept 3. 11:00 a.m.

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

PARENTING INFO FROM 4C'S: Tues, Sept 8. 12:00 noon

Info on participating in Play & Learn, and the Power of Parenting programs. Great way to help your child grow!

SAFE SLEEP SAVES LIVES!: Thurs, Sept 10. 10:00 a.m. & Tues, Sept 22. 10:00 a.m.

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

PETS IN THE HOME: Tues, Sept 15. 10:00 a.m.

Health and safety hints for children and pets living together. Presented by Ivy Tech senior nursing students.

STAGES OF PREGNANCY: Tues, Sept 15. 12:00 noon

Normal signs vs. danger signals. Presented by Ivy Tech senior nursing students.

NEWBORN BABY CARE: Wed, Sept 16. 10:00 a.m.

Learn how to care for Newborns through a hands-on demonstration. For parents in third trimester of pregnancy or with infants up to one month old.

INFANT FEEDING: Wed, Sept 16. 11:00 a.m.

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

WHEN TO USE THE EMERGENCY ROOM: Thurs, Sept 17. 12:00 noon

Learn how to take a temperature and other hints for determining if you or your child needs immediate medical care.

CLOTH DIAPERS AND SAFE BABY WEARING: Fri, Sept 18. 10:00 a.m.

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

CALMING YOUR CRYING BABY: Wed, Sept 23. 10:00 a.m.

Help to understand and comfort your crying newborn to six-month-old. Presented by the education department of The Women's Hospital.

CAR SEAT SAFETY: Thurs, Sept 24. 1:00 p.m.

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

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HEALTHY LIFESTYLE

HEALTHY FAMILIES INFO SESSION: Tues, Sept 29. 1:00 p.m.

Learn how in-home parenting instruction can encourage you and improve your infant's healthy development.

BASICS OF INFANT CPR: Wed, Sept 30. 12:00 noon

Be prepared to care for your child in an emergency. For parents of breastfeeding & formula feeding infants.