

ECLC LIFE SKILLS CLASSES

DECEMBER 2016

www.restoringpeople.com

Call 812-492-0721 for information. OFFICE OPEN Tues-Fri 9am-3pm.

December 1 & 22 at 10:00 am & December 15 at 11am. **Have a Healthy Baby.** All pregnant women are invited to attend for a variety of topics & tips for good prenatal health. Presented by CAPE Minority Health.

Dec 1st at 12:00 pm. GET READY FOR CHRISTMAS: **Making Memories in your family.** Its important to make your traditions into happy memories for your kids. Hints for making cheap and easy holiday fun.

December 7, 14, 21 at 10 am **Ladies Bible Study:** Wherever you are in your faith walk or biblical knowledge, you will be encouraged by fellowship with other growing women.

December 7 at 10:00 am: **Infant CPR.** Parents emergency preparation to aid babies up to age 1 year. Taught by the Women's Hospital community education nurse.

December 7 at 11:00: **Breastfeeding Support group- BYO Questions and Successes,** everything has an answer! Provided by Great Beginnings staff from Women's Hospital.

December 7 at 12 noon-**Yummy Grains and Cereals:** how to prepare your family's meals so they are tasty, healthy and nutritious. Nutrition Education by Purdue Extension.

December 8 at 10:00am. **Practical Fatherhood:** tips every man needs to be a good Dad.

December 8 OR Dec 20 at 10:00 am. **Safe Sleep Saves Lives!** The most up-to-date instruction about preventing infant suffocation & crib death. Attendance is required to receive a safe crib.

December 8 at 11:00 am. **ABC's of Breastfeeding.** Are you unsure about choosing to breastfeed? Helpful information so pregnant women can make the best decision about how to nourish their babies.

December 8 at 12:30 pm: **Habitat for Humanity info session.** Are you interested in owning your own home? It may be possible with Habitat for Humanity of Evansville.

December 13 at 10:00 am: **Dental Health—Brush, floss, and talk.** Bring your questions about family dental care for our dental hygienist.

December 13 at 12:00 pm: **Handling behaviors like Biting, Kicking & Hitting.** Also information on selecting quality child care; offered by 4C's.

December 14 at 10:00 am: **Newborn Care:** for parents in last trimester thru 1 month of age.

December 14 at 12:30 pm: **Using Energy Wisely.** Presented by Vectren.

December 15 at 11:00 am. **NEW: Preventing Colds and Flu: Why you need the Flu Vaccine.** Presented by Anthem.

December 15 at 12 noon. **Strengthening Women-Organizing our parenting time to lessen our fear of not spending enough time with our children.**

December 16 at 10am. **Cloth Diapers and Safe "Baby Wearing"**. Full explanation of the advantages and convenience of using today's cloth diapers. Also demonstration of all types of baby carriers & slings.

December 16 at 12:00 pm. **GAIN Initiative!** How to improve your family's place in the community by participating in a very successful Life Center program.

December 20 at 11:00 am. **Holiday Money Management.** Presented by Purdue Extension.

December 20 at 12:30 **Healthy Relationships:** how to make good decisions and develop positive relationships with other adults and your family. Presented by staff of Albion Fellows Bacon Ctr.

December 21 at 11:00am. **Infant Feeding:** Everything parents need to know about infant formulas, breastfeeding, & introducing solid food. Help to feed babies newborn to 1 year.

December 21 at 12:00noon **Sensational Fruit and Vegetable Sides—**How to prepare healthy and yummy foods. Nutrition Education by Purdue Extension.

December 21 at 1:00 pm. **Car Seat Safety-** presentation on the rules for installation and the safe use of car seats with young children.

December 22 at 12:00 noon. **Bank on Evansville:** how to open a personal bank account.