

ECLC LIFE SKILLS CLASSES

OCTOBER 2016

www.restoringpeople.com

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

October 4: Ivy Tech senior nursing students present up-to-date info on a variety of topics:

10:00 am. **Caring for a sick baby**

12:00 pm. **Signs of Baby Blues and avoiding Shaken Baby Syndrome**

October 5,12,19,26 (Wednesdays) 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.*

October 5 at 10:00 am: Infant CPR. *Help for aiding babies up to age 1 year. Taught by The Women's Hospital community education nurse.*

October 6, 20, 27 at 10:00 am. 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.*

October 11 at 12:00 pm: Dealing with toddlers' behavior of hitting, biting, & kicking. *Also information on selecting quality child care; offered by 4C's.*

October 12 at 11:00am. Infant Feeding: *Everything parents need to know about infant formulas, breastfeeding, & introducing solid food. Helps for feeding babies newborn to 1 year of age.*

October 12 at 12 noon-Fruits and Vegetables--*how to plan your family's meals so they are tasty, healthy and nutritious. Nutrition Education by Purdue Extension.*

October 13 at 10:00am. Growing up DADS: Navigating Fatherhood.

October 13 OR 25 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.*

October 13 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.*

October 13 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.*

October 18 at 10:00 am: Dental Health—Brush, floss, and talk. NEW CLASS! *Bring your questions about family dental care for our dental hygienist.*

October 18 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.*

October 19 at 11:00: Breastfeeding Support group- BYO Questions and Successes, *everything has an answer! Provided by Great Beginnings staff from Women's Hospital.*

October 19 at 10:00 am: Newborn Care: *for parents in last trimester thru 1 month of age.*

October 19 at 12 noon. Strengthening Women-Are you a good Mom?

October 20 at 12:00 pm. NEW: Women's health during breast cancer awareness month. *Presented by Anthem.*

October 21 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.*

October 25 at 11:00 am. Money Management to help you. *Presented by Purdue Extension.*

October 26 at 12:00noon Cereals and Grains--*How to made healthy choices.. Nutrition Education by Purdue Extension.*

October 27 at 10:00 am. Growing up DADS: Navigating Fatherhood

October 27 at 12 Noon. Bank On Evansville: *information on opening a personal bank account.*

October 28 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.*