



# **THE HANNAH CENTER OUR CLASSES**

## **SCHEDULE FOR OCTOBER AND NOVEMBER**

**OUR NEW CLASS SERIES:  
NEW BEGINNINGS  
MONDAYS 1-2PM**

### **1ST MONDAY OF THE MONTH | 1-2PM - BABY BASICS**

For New and Expectant Parents  
Everything you need to know about newborn care and adjusting to the first few weeks with a new baby.

### **3RD MONDAY OF THE MONTH | 1-2PM - SAFE SLEEP**

Learning how to create a safe sleep environment for your baby.  
Registration required.

### **2ND AND 4TH MONDAY OF THE MONTH | 1-2PM - MOM'S GROUP**

Bring your baby or use our free childcare area. Open to moms of little ones ages newborn-age one. Connect with other moms for encouragement, support, and good laughs.

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### **TUESDAYS | 4-5:30PM - CHILDBIRTH CLASS**

Next series begins October 22nd for clients with November-January due dates.  
Registration is required.

### **WEDNESDAYS | 1-2PM - PARENTING GROUP**

October is a support group and discussion format.  
In November we will once again host our Active Parenting Program.

To register please contact Kristi at [kritsti@hannahcenter.org](mailto:kritsti@hannahcenter.org) or at 812-334-0104