



## Class Schedule 2018

**Brand New Class Offerings! These classes below are available on an individual basis.  
To register, please contact the Patient Services Director at 440-284-1010, ext. 22.**

Class	Description
Early Pregnancy I	Prenatal care, eating for two, ultrasound appointment, developing baby
Early Pregnancy II	Smoking, understanding pregnancy, emotions, safety, bonding, changing body
2 <sup>nd</sup> Trimester Pregnancy I	Pregnancy during months 4-6, understanding baby's cry part 1
2 <sup>nd</sup> Trimester Pregnancy II	Baby's secret world, understanding baby's cry part II, big belly mom hacks
Pregnancy Health	Preventing birth defects, prenatal nutrition, managing pregnancy symptoms
3 <sup>rd</sup> Trimester Pregnancy	Getting ready for baby, eye contact, temperament, importance of bonding
Infant Care I: 1-6 months	Infant expectations, hygiene, simple infant care
Infant Care II: 1-6 months	Caring for yourself after childbirth, childhood immunizations
Infant Care I: 6-12 months	Infant nutrition, infant growth
Infant Care II: 6-12 months	Infant cognitive development and learning, toilet training
Early Child Development I	0-6 months: Raising your baby alone, CPR training, save pregnancy
Early Child Development II	0-6 months: Quality childcare, learning through play
Child Development I	6 months and beyond: Infant nutrition, baby on the move
Child Development II	6 months and beyond: CPR, Shaken Baby Syndrome
Breastfeeding	Goals of breastfeeding, techniques of a good latch, getting enough milk
Breastfeeding and Work	Growth spurts and essentials, returning to work
Childbirth I	Introduction and birthing options, interventions and labor, moving through labor, what to expect, childcare: bring baby home
Childbirth II	Breathing techniques, relaxation, massage techniques
Pediatric Care I	Managing routine illnesses, pediatric emergencies
Pediatric Care II	Managing your child's safety, routine pediatric illnesses
Pediatric Care III	Child safety, car seat safety, sleep (7-9 months), preventing child abuse

### Specialized Classes and Series for Groups

Life Ed U Class

Get together with others and learn! **Be sure to sign up at the beginning of series classes!** Check the calendar for listings and updates. We will add exciting classes as they become available!

364 Griswold Road □ Elyria, OH □ 44035 □ 440.284.1010  
www.cornerstonepregnancy.org



# cornerstone

Date	June	Class
June 5 – Tuesdays 10:00 – 11:30		Parenting (S.T.E.P.) Class 6 in the series
June 12 – Tuesday 10:00 – 11:30		Nutrition Class – Effects on Children

September	
Sept. 12 – Wednesday 1:00 – 3:00	Mom’s Club
Sept. 13, 20, 27 Oct. 4 1:30 – 2:30 Thursdays	Gain Financial Control 4 sessions <b>NEW Series – JOIN TODAY!!!</b>
Sept. 20 – Thursday 1:30 – 2:30	Gain Financial Control Class 2 in the series
Sept. 26 – Wednesday 1:00 – 3:00	Mom’s Club
Sept. 27 – Thursday 1:30 – 2:30	Gain Financial Control Class 3 in the series

October	
Oct. 2, 9, 16, 23, 30 Nov. 6 10:00 – 11:30 Tuesdays	Parenting (S.T.E.P.) 6 sessions <b>NEW Series – JOIN TODAY!!!</b>
Oct. 4 – Thursday 1:30 – 2:30	Gain Financial Control Class 4 in the series
Oct. 9 – Tuesday 10:00 – 11:30	Parenting (S.T.E.P.) Class 3 in the series
Oct. 10 – Wednesday 1:00 – 3:00	Mom’s Club
Oct. 16 – Tuesday 10:00 – 11:30	Parenting (S.T.E.P.) Class 4 in the series
Oct. 23 – Tuesday 10:00 – 11:30	Parenting (S.T.E.P.) Class 5 in the series
Oct. 24 – Wednesday 1:00 – 3:00	Mom’s Club
Oct. 30 – Tuesday 10:00 – 11:30	Parenting (S.T.E.P.) Class 6 in the series

Childcare, ages 4 months through 5 years old, may be available. Please check when registering.  
To register, call 440-284-1010.

November	
Nov. 1, 8, 15 1:00 – 2:30 Thursdays	Parenting is HEART Work Individual Coaching 3 sessions <b>NEW Series – JOIN TODAY!!!</b>
Nov. 6 – Tuesday 10:00 – 11:30	Parenting (S.T.E.P.) Class 6 in the series
Nov. 13 – Tuesday 10:00 – 11:30	Nutrition Class – Effects on Children and Behavior
Nov. 8 – Thursday 1:00 – 2:30	Parenting is HEART Work Class 2 in the series
Nov. 13, 20, 27 Dec. 4, 11 2:00 – 3:30 Tuesdays	Fathering in 15 5 sessions <b>NEW Series – JOIN TODAY!!!</b>
Nov. 14 – Wednesday 1:00 – 3:00	Mom’s Club
Nov. 15 – Thursday 1:00 – 2:30	Parenting is HEART Work Class 3 in the series
Nov. 20 – Tuesday 2:00 – 3:30	Fathering in 15 Class 2 in the series
Nov. 27 – Tuesday 2:00 – 3:30	Fathering in 15 Class 3 in the series
Nov. 28 – Wednesday 1:00 – 3:00	Mom’s Club

December	
Dec. 4 – Tuesday 2:00 – 3:30	Fathering in 15 Class 4 in the series
Dec. 11 – Tuesday 2:00 – 3:30	Fathering in 15 Class 5 in the series
Dec. 12 – Wednesday 1:00 – 3:00	Mom’s Club

Parenting Series Description	
Systematic Training for Effective Parenting (Partners welcome)	Parenting children 8 months or older. Communication, cooperation, and discipline.
Parenting is Heart Work	Need individual help? This
Fathering in 15	Builds pro-fathering
Support for Mothers Description	
Mom’s Club: (Moms only)	Find connections, support, activities, and resources!

**Registration is required for all classes.**

Class topics and dates are subject to change without notice.