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| **Date**  **July Class** |
| July 12 – Wednesday3:00-4:30 | Early Pregnancy ClassClass held in Suite A |
| July 13, 20 – Thursdays5:30-8:00 | Lamaze SeriesNEW Series – JOIN TODAY!!! |
| July 26 – Wednesday1:30-2:30 | Sudden Infant Death Syndrome |
| July 26 – Wednesday3:00-4:30 | Newborn CareClass held in Suite A |
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| **August** |
| August 8, 10Tuesday and Thursday6:00-7:30 | Breastfeeding Support |
| August 9 – Wednesday3:30-5:00  | Joys and Wonders of ParentingClass held in Suite A |
| August 12 – Saturday9:00am-3:00pmNo cost if deliver at Mercy | Lamaze (Full Day Class)Mercy Recreation FacilityCooper Foster Park Lorain |
| August 14 – Monday4:00-5:00 | Prenatal NutritionClass held in Suite A |
| August 22, 24Tuesday and Thursday6:00-7:30 | Breastfeeding Support |
| August 23 – Wednesday3:00-4:30 | Infant Development |
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| **September** |
| September 5 – Tuesday6:00-8:00 | Breastfeeding ClassMercy Recreation FacilityCooper Foster Park Lorain |
| September 7 - Thursday 3:30-4:30 | Financial Fitness:Setting Financial Goals |
| September 12, 14Tuesday and Thursday6:00-7:30 | Breastfeeding Support |
| September 12, 19 – Tuesdays5:30-8:00 | Lamaze SeriesNEW Series – JOIN TODAY!!!Childcare, ages 4 months through 5 years old, may be available. Please check when registering.Class topics and dates are subject to change without notice.**Registration is required for all classes.** |
| September 13 – Wednesday1:00-3:00  | Mom’s Club |
|  | 364 Griswold Road ▫ Elyria, OH ▫ 44035www.cornerstonepregnancy.org440.284.1010 |
| **September continued** |
| September 13 – Wednesday3:00-4:30 | Newborn CareClass held in Suite A |
| September 20 – Wednesday3:00-4:30 | Early Pregnancy |
| September 26 October 3, 10, 17, 24, 3110:00-11:30 – Tuesdays | Parenting Series (S.T.E.P.)NEW Series – JOIN TODAY!!! |
| September 26, 28Tuesday and Thursday6:00-7:30 | Breastfeeding Support |
| September 27 – Wednesday1:00-3:00  | Mom’s Club |
| September 28 October 5, 12, 191:30-2:30 Thursdays | Gain Control of Your FinancesNEW Series – JOIN TODAY!!! |
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| **October** |
| October 4 – Wednesday3:30-5:00 | Joys and Wonders of ParentingClass held in Suite A |
| October 10, 12Tuesday and Thursday6:00-7:30 | Breastfeeding Support |
| October 11 – Wednesday1:00-3:00 | Mom’s Club |
| October 14 – Saturday9:00am-3:00pmNo cost if deliver at Mercy | Lamaze (Full Day Class)Mercy Recreation FacilityCooper Foster Park Lorain |
| October 16 – Monday4:00-5:00  | Prenatal NutritionClass held in Suite A |
| October 24, 26Tuesday and Thursday6:00-7:30 | Breastfeeding Support |
| October 25 – Wednesday1:00-3:00 | Mom’s Club |
| October 25 – Wednesday3:00-4:30 | Infant DevelopmentClass held in Suite A |

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| **November** |
| November 2, 9, 16 – Thursdays 1:00-2:30  | Parenting is HEART WorkCoaching and Problem SolvingNEW Series – JOIN TODAY!!! |
| November 7 – Tuesday10:00-11:30 | Nutrition Class – Effects on Children and Behavior |
| November 7 – Tuesday6:00-8:00 | Breastfeeding Class |
| November 8 – Wednesday1:00- 3:00 | Mom’s Club |
| November 8 – Wednesday3:00-4:30 | Early Pregnancy ClassClass held in Suite A |
| November 14, 21 – Tuesdays5:30-8:00 | Lamaze SeriesNEW Series – JOIN TODAY!!! |
| November 14, 16Tuesday and Thursday6:00-7:30 | Breastfeeding Support |
| November 15 – Wednesday3:00-4:30 | Newborn CareClass held in Suite A |

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| **December** |
| December 6 – Wednesday3:30-5:00 | Joys and Wonders of ParentingClass held in Suite A |
| December 11 – Monday4:00-5:00 | Prenatal NutritionClass held in Suite A |
| December 12, 14Tuesday and Thursday6:00-7:30 | Breastfeeding Support |
| December 13 – Wednesday1:00-3:00 | Mom’s Club |

**Cornerstone Class Descriptions 2017**

**Cornerstone**

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| **Prenatal Classes – Open to partner or support person. Moms in their 1st or 2nd trimester (1-6 months). Class repeated every 6 weeks.** |
| Early Pregnancy Class | Focuses on the physical and emotional changes of pregnancy, nutrition, fetal development, relaxation, exercise, and more. |
| Prenatal Nutrition | Intended to help moms maintain good nutrition during pregnancy. Learn how to continue to enjoy some of the foods you like most while keeping a proper balance of nutrients for you and your baby. |
| **Prenatal Classes – Open to partner or support person. Moms in their 3rd trimester (6-9 months). Class repeated every 3 months.** |
| Breastfeeding Class and Support Group | Learn why breast feeding is the healthiest choice for both mom and baby, how to prepare during pregnancy, techniques, and more practical information. |
| Lamaze Childbirth ClassSeries | Lamaze Birth Practices are designed to help simplify your birth process with a natural approach that helps alleviate your fears and manage pain. |
| Newborn Care | Newborn baby basics: bathing, feeding, sleeping, and more. |
| **Parenting Classes – Open to partner or support person After the child is born. Class repeated every 3 months.** |
| Joys and Wonders of Parenting | Learn to adjust to the rhythms of your new routine of being a first-time mom. We will look at topics like: baby blues, sleep issues, hormonal changes, baby crying/colic, time management, returning to work, developing as a new mom |
| Infant Development | Learn about your baby’s development from newborn to 1 year of age. We will discuss all the milestones your baby will be achieving during this exciting time and ways you can encourage your baby’s development |
| **Parenting Series – Open to partner or support person For children 8 months or older. Class repeated every 3 months.** |
| S.T.E.P. Series6 sessions | Systematic Training for Effective ParentingLearn positive ways to approach communication, cooperation, and discipline |
| **Support for Mothers – Open to moms only 2nd and 4th Wednesdays 1:00 – 3:00** |
| Mom’s Club | Support group for all mothers who are pregnant or have children. Provides connections, support, activities, and resources to help you become the best mom you can be |
| **Specialized Classes and Series**  |
| Life Ed ‘U’ Class | A time to get together with others and learn, with a variety of class topics, presented at Cornerstone, as well as at various local community locations! **Be sure to sign up at the beginning of series classes because enrollment may close!** |
| **Other Opportunities** | Bible Studies, relationships, boundaries, and more. Check calendar for listings. |

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