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| **Date**  **July Class** | |
| July 12 – Wednesday  3:00-4:30 | Early Pregnancy Class  Class held in Suite A |
| July 13, 20 – Thursdays  5:30-8:00 | Lamaze Series  NEW Series – JOIN TODAY!!! |
| July 26 – Wednesday  1:30-2:30 | Sudden Infant  Death Syndrome |
| July 26 – Wednesday  3:00-4:30 | Newborn Care  Class held in Suite A |
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| **August** | |
| August 8, 10  Tuesday and Thursday  6:00-7:30 | Breastfeeding Support |
| August 9 – Wednesday  3:30-5:00 | Joys and Wonders of Parenting  Class held in Suite A |
| August 12 – Saturday  9:00am-3:00pm  No cost if deliver at Mercy | Lamaze (Full Day Class)  Mercy Recreation Facility  Cooper Foster Park Lorain |
| August 14 – Monday  4:00-5:00 | Prenatal Nutrition  Class held in Suite A |
| August 22, 24  Tuesday and Thursday  6:00-7:30 | Breastfeeding Support |
| August 23 – Wednesday  3:00-4:30 | Infant Development |
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| **September** | |
| September 5 – Tuesday  6:00-8:00 | Breastfeeding Class  Mercy Recreation Facility  Cooper Foster Park Lorain |
| September 7 - Thursday  3:30-4:30 | Financial Fitness:  Setting Financial Goals |
| September 12, 14  Tuesday and Thursday  6:00-7:30 | Breastfeeding Support |
| September 12, 19 – Tuesdays  5:30-8:00 | Lamaze Series  NEW 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 – Wednesday  1:00-3:00 | Mom’s Club |
|  | 364 Griswold Road ▫ Elyria, OH ▫ 44035  www.cornerstonepregnancy.org  440.284.1010 |
| **September continued** | |
| September 13 – Wednesday  3:00-4:30 | Newborn Care  Class held in Suite A |
| September 20 – Wednesday  3:00-4:30 | Early Pregnancy |
| September 26  October 3, 10, 17, 24, 31  10:00-11:30 – Tuesdays | Parenting Series (S.T.E.P.)  NEW Series – JOIN TODAY!!! |
| September 26, 28  Tuesday and Thursday  6:00-7:30 | Breastfeeding Support |
| September 27 – Wednesday  1:00-3:00 | Mom’s Club |
| September 28  October 5, 12, 19  1:30-2:30 Thursdays | Gain Control of Your Finances  NEW Series – JOIN TODAY!!! |
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| **October** | |
| October 4 – Wednesday  3:30-5:00 | Joys and Wonders of Parenting  Class held in Suite A |
| October 10, 12  Tuesday and Thursday  6:00-7:30 | Breastfeeding Support |
| October 11 – Wednesday  1:00-3:00 | Mom’s Club |
| October 14 – Saturday  9:00am-3:00pm  No cost if deliver at Mercy | Lamaze (Full Day Class)  Mercy Recreation Facility  Cooper Foster Park Lorain |
| October 16 – Monday  4:00-5:00 | Prenatal Nutrition  Class held in Suite A |
| October 24, 26  Tuesday and Thursday  6:00-7:30 | Breastfeeding Support |
| October 25 – Wednesday  1:00-3:00 | Mom’s Club |
| October 25 – Wednesday  3:00-4:30 | Infant Development  Class held in Suite A |

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| **November** | |
| November 2, 9, 16 – Thursdays  1:00-2:30 | Parenting is HEART Work  Coaching and Problem Solving  NEW Series – JOIN TODAY!!! |
| November 7 – Tuesday  10:00-11:30 | Nutrition Class – Effects on Children and Behavior |
| November 7 – Tuesday  6:00-8:00 | Breastfeeding Class |
| November 8 – Wednesday  1:00- 3:00 | Mom’s Club |
| November 8 – Wednesday  3:00-4:30 | Early Pregnancy Class  Class held in Suite A |
| November 14, 21 – Tuesdays  5:30-8:00 | Lamaze Series  NEW Series – JOIN TODAY!!! |
| November 14, 16  Tuesday and Thursday  6:00-7:30 | Breastfeeding Support |
| November 15 – Wednesday  3:00-4:30 | Newborn Care  Class held in Suite A |

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| **December** | |
| December 6 – Wednesday  3:30-5:00 | Joys and Wonders of Parenting  Class held in Suite A |
| December 11 – Monday  4:00-5:00 | Prenatal Nutrition  Class held in Suite A |
| December 12, 14  Tuesday and Thursday  6:00-7:30 | Breastfeeding Support |
| December 13 – Wednesday  1:00-3:00 | 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 Class  Series | 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. Series  6 sessions | Systematic Training for Effective Parenting  Learn 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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