**Cornerstone Course Descriptions**

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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. |