

# Parenting Classes

Classes will take place every Wednesday from 3:30 pm to 4:15 pm at the Bismarck Public Library. Childcare is provided.

February 5<sup>th</sup> – **“Healthy Relationships 2”** Jeannie Nassers

Audience: All parents.

February 12<sup>th</sup> – **“The 5 Love Languages”**

Audience: All parents

February 19<sup>th</sup> - **“Exercising for Two”**

Audience: All moms that are expecting

February 26<sup>th</sup> – **“Healthy Relationships 3”** Jeannie Nassers

Audience: All parents.

By attending class, you will earn 1 coupon and 10 diapers. If you bring a support person 18 years of age or older you will earn 2 coupons and 20 diapers. The classes need to pertain to your current situation to earn incentives.



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March 5<sup>th</sup> - **“North Dakota Gateway to Science Family Fieldtrip”**

**Meet at the Science Center:** 1600 Canary Ave. Bismarck

Audience: All families. **Meet at 3:15 p.m.**

March 12<sup>th</sup>- **No parenting class today due to staff attending conference.**

March 19<sup>th</sup> - **“Pre-natal Breastfeeding”** Julie Price

Audience: All moms that are expecting and those with newborns.

March 26<sup>th</sup> - **“Healthy Relationships 4”** Jeannie Nassers

Audience: All parents.

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April 2<sup>nd</sup> – **“Transitioning to Solid Foods”** Julie Price

Audience: All parents that are expecting and have infants 0-12 months.

April 9<sup>th</sup> – **“Bismarck Public Library Story Time/Tour”** Tiffany/Bea

Audience: All parents.

April 16<sup>th</sup> - **“Raising Readers”**

Audience: All parents.

April 23<sup>rd</sup> – **“Kids and Chores”**

Audience: All parents.

April 30<sup>th</sup> – **“Bonding with Baby”**

Audience: All parents that are expecting and have infants 0-12 months.

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