

# Parenting Classes

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

September 4<sup>th</sup> - **“Walk to the Capitol” Meet at Women’s Care Center**

Bring a stroller and walking shoes!

Audience: All families.

September 11<sup>th</sup> - **“Tummy Time” Julie Price O.T.**

Audience: All expecting and parents of newborns.

September 18<sup>th</sup> - **“Baby Sign Language”**

Audience: All parents.

September 25<sup>th</sup> - **“Home Safety”**

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

October 2<sup>nd</sup> – **“Walk to the Capitol” Meet at Women’s Care Center.**

**Bring comfortable shoes/ a stroller. TIME CHANGE 10:00 -11:00 a.m.**

Audience: All families.

October 9<sup>th</sup> – **“Your Parenting Style”**

Audience: All parents.

October 16<sup>th</sup> – **“Raising Adults”**

Audience: All parents.

October 23<sup>rd</sup> – **“Teaching Your Children to Value Money”**

Audience: All parents.

October 30<sup>th</sup> - **“Fall Party”** Movie” The Great Pumpkin Charlie Brown”

Audience: All parents and children.

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November 6<sup>th</sup>- **"Why Gratitude Matters"**

Audience: All families.

November 13<sup>th</sup> - **"Raising Resilient Kids"**

Audience: All parents.

November 20<sup>th</sup> - **"Thanksgiving Party"**

**Movie" Charlie Brown's Thanksgiving," crafts and snacks**

Audience: All parents and children.

November 27<sup>th</sup> - **"Your Child's Sweet Tooth"**

Audience: All parents.

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December 4<sup>th</sup> – **“Heritage Center” Meet at Heritage Center.**

**Scavenger Hunt.**

Audience: All families.

December 11<sup>th</sup> – **“Winter Fun and Safety”**

Audience: All parents.

December 18<sup>th</sup>- **“Christmas Party”**

**Movie, “Charlie Brown Christmas,” snacks, crafts.**

Audience: All families parents.

December 25<sup>th</sup> –No Class for today- **Merry Christmas!**

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