



October 2024



MON	TUE	WED	THUR	FRI
	1	2 Communication & Connection (guest speaker) 11:00 (In-person & zoom)	3 No Class	4
7	8	9 Parenting Challenges 11:00 (In-person & zoom)	10 Positive Parenting 5 Pre-registration required/ 10:30	11
14	15	16 Financial Knowledge (guest speaker) 11:00 (In-person & zoom)	17 Positive Parenting 6 Pre-registration required 10:30	18
21	22	23 Meal Planning 11:00 (In-person & zoom)	24	25
28	29	30 Fall Fun 11:00 (In-person only)	31	

Future Parenting Class Schedules at: <http://www.womenscarecenter.org/fargo-north-dakota>

Class Guidelines

- Arrive between 10:45 - 11:00 AM
- Class begins at 11:00 AM
- Earn 2 coupons and 10 diapers for in-person. Support person also earns 1 coupon and 10 diapers for you.
- If you are more than 10 minutes late or leave early, feel free to join us, but incentives will not be provided.
- Topic should be applicable to your current life circumstances.
- One support person, approved by staff, may attend class with you.

Video Guidelines

- Have your **video on**. Show us your happy face!
- **Audio muted** until you wish to talk to help reduce background noise.
- Make sure your **name appears on the screen**.
 - To edit name after joining:
 1. Click on "Participants"
 2. Hover over your name and click on "More"
 3. Choose "Rename" and type your first and last name.
 4. If you are a guest, in order to receive coupons/ diapers, you **MUST** include baby's mom's name in parentheses. For example: John Smith (Maria Smith)
- Log into class from a distraction free environment, dressed comfortably and appropriately for class.
- Earn 1 coupon and 10 diapers for Zoom. Support person also earns 1 coupon and 10 diapers for you.



Scan to join by Zoom



November 2024

MON	TUE	WED	THUR	FRI
				1
4	5	6 Basic Emotional Needs (guest speaker) 11:00 (In-Person & Zoom)	7	8
11	12	13 Winter Fun & Safety 11:00 (In-Person & Zoom)	14	15
18	19	20 Financial Knowledge (guest speaker) 11:00 (In-Person & Zoom)	21	22
25	26	27 No Class	28 Thanksgiving	29

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