

# NOVEMBER 2024

## REMINDERS:

**NO BREASTFEEDING CLASS THIS MONTH**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>4 THE POWER OF ROUTINE POUVWA ROUTIN ZOOM @ 6:30 PM</p>	<p>5 CHARACTER COUNTS @ ZOOM 12:00 PM</p> <p>DIVERSIÓN DE OTOÑO GOOGLE MEET @ 11:30AM Y 6:00PM</p> <p>WHEN ROUTINE CHANGE LEU ROUTIN NAN CHANJE ZOOM @ 5:30 PM</p>	<p>6 STORYTIME JAM/ PLAYGROUP AT KILMER LIBRARY @ 10:30AM</p> <p>LA IMPORTANCIA DE UN SISTEMA DE APOYO DURANTE EL EMBARAZO PRENATAL GOOGLE MEEET 6:00PM</p>	<p>7 PRENATAL CLASS: THE THINGS NO ONE EVER TOLD YOU ABOUT BEING PREGNANT ZOOM @ 5:45PM</p> <p>NUTRIR LA RUTINA DE LA HORA DEL BAÑO GOOGLE MEET @ 11:30AM Y 6:00PM</p>
<p>11 CHILDREN TEMPERAMENT TANPERAMAN TIMOUN YO ZOOM @ 6:30PM</p>	<p>12 MANAGING PARENTAL BURNOUT @ ZOOM 12:00 PM</p> <p>RIVALIDAD ENTRE HERMANOS GOOGLE MEET 11:30AM Y 6:00PM</p> <p>SETTING LIMITS METE LIMIT ZOOM @ 5:30PM</p>	<p>13 CONVERSATIONS WITH LENA (BY APPOINTMENT ONLY)</p> <p>LIBRERIA EN FAMILIA @ 10:30AM</p> <p>CAMBIOS FÍSICOS EN EL EMBARAZO GOOGLE MEET PRENATAL @ 6:00PM</p>	<p>14 PRENATAL CLASS: BABY CONNECTIONS ZOOM @ 5:45PM</p> <p>DISCIPLINA VS CASTIGO GOOGLE MEET @ 11:30AM Y 6:00PM</p>
<p>18 PARENT'S CHALLENGES DEFI POU PARAN YO ZOOM @ 6:30PM</p>	<p>19 FAMILY TRADITIONS ZOOM @ 2:00 PM</p> <p>TÉCNICAS PARA CALMAR A SU BEBE GOOGLE MEET @ 11:30AM Y 6:00PM</p> <p>PARENTS TRAP PYEJ LEU OU SE YON PARAN ZOOM @ 5:30PM</p>	<p>20 STORYLINE JAM/ PLAYGROUP AT KILMER LIBRARY @ 10:30AM</p> <p>LACTANCIA VS FORMULA GOOGLE MEET PRENATAL @ 6:00PM</p>	<p>21 PRENATAL CLASS: STOMACH PAIN DURING PREGNANCY @ 5:45PM</p> <p>DESAYUNO: MATERNIDAD HISPANA @ 10:30AM PORQUE SU BEBE DEBE DORMIR EN UN LUGAR SEGURO? GOOGLE MEET @ 6:00PM</p>
<p>25 MEAL PLANNING PLAN ALIMANTE ZOOM @ 6:30PM</p>	<p>26 GRATITUDE ZOOM @ 12:00 PM</p> <p>DIVERSIÓN DE ACCIÓN DE GRACIAS GOOGLE MEET @ 11:30AM TEMA EN PERSONA CON MARIA BONILLA (DOULA) A LAS 5:30PM IMPORTANCE OF EATING IN FAMILY ENPOTANS NAN MANJE AN FANMI ZOOM @ 5:30PM</p>	<p>27 CONVERSATIONS WITH LENA ( BY APPOINTMENT ONLY)</p> <p>LIBRERIA EN FAMILIA @ 10:30AM</p> <p>IMPORTANCIA DE LA SALUD MENTAL DURANTE EL EMBARAZO GOOGLE MEET PRENATAL @ 6:00PM</p>	<p>28 THANKSGIVING ACCION DE GRACIAS THANKSGIVING</p>

FOR MONTHLY CALENDARS PLEASE GO TO  
[HTTPS://WWW.WOMENSCARECENTER.ORG/FORT-PIERCE-FLORIDA](https://www.womenscarecenter.org/fort-pierce-florida)



### ZOOM PARENTING CLASSES

Tuesdays @ 12:00 PM

Prenatal Classes Thursdays @ 5:45 PM

To participate please follow this link:

<https://zoom.us/j/98585891050>

Conversations with Lena are every Wednesday by appointment only, to set an appointment, please call Lena at 772.812.0061.

Please turn on your camera. The camera should be on during the entire class. Clients are welcome to attend as many classes as they would like, but will earn Crib Club Coupons for up to 1 class per week (2 coupons = 1 crib Club Item + 10 Diapers). Clients with support will earn two coupons and 20 diapers!! The support person is expected to attend a full class to earn coupons and diapers.

### CLASSES IN CREOLE! (KLAS EN CREOLE)

Klas bay tete (1 bagay crib club + 10 diaper). Kliyan ki gen yon lot moun avek yo kap sipote yo ap touche 2 koupon ak 20 diaper.

<https://zoom.us/j/97587907503>

### CLASES VIRTUALES EN ESPAÑOL

Para participar de las clases virtuales por favor siga este link <https://meet.google.com/oar-pwzo-opf>

La cámara permanecerá prendida durante toda la clase. Las madres participantes recibirán incentivos una vez por semana, (1c-1d)

1 cupón para la tienda y un cupón para 10 panales.

Cientes que atienden clases completas con una persona adulta de apoyo, ganarán dos cupones y 20 panales!