



# January 2025

MON	TUE	WED	THUR	FRI
		1 <b>Office Closed</b> New Year's Day	2	3
6	7	8 <b>Healthy Smoothies</b> (guest speaker Erika) <b>11:00 (In-Person &amp; Zoom)</b>	9	10
13	14	15 <b>Vision Boards</b> (guest speaker Erika) <b>11:00 (In-Person &amp; Zoom)</b>	16	17
20	21	22 <b>Gratitude &amp; Random Acts of Kindness</b> (guest speaker Erika) <b>11:00 (In-Person &amp; Zoom)</b>	23	24
27	28	29 <b>Perseverance &amp; Positive Affirmations</b> (guest speaker Erika) <b>11:00 (In-Person &amp; Zoom)</b>	30	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, 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