

OCTOBER 2021

Birth Choice of Dallas' Earn FREE DIAPERS While You Learn program
8610 Greenville Ave., suite 200, Dallas 75243 214.631.2402

Sun	Mon	Tue 11:00am - 12:30pm (In Birth Choice Classroom)	Wed	Thurs 9:30am - 11am (ONLINE)	Fri	Sat
		Parenting Class at Birth Choice		Pregnancy Classes- Virtual	<u>1</u>	<u>2</u>
<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>
		Holidays, Special Occasions & Critical Issues and School		Your First Trimester and Prenatal Care		
<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>
		Sexual Behavior and Children and There is Hope! (Single Mother, Lsn. 1)		Eating for Two and Your Ultrasound Appointment		
<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>
		Stable Parent, Stable Home (Single Mother, Lsn. 2) and Co-parent Communication (Single Mother, Lsn. 3)		First Trimester Expectations and Your Second Trimester		
<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>
		Meetings & Handoffs (Single Mother, Lsn. 4) and Risks for Children after Divorce		Emotions of Pregnancy and What is Safe in Pregnancy		

Highlighted yellow classes are pregnancy related

Because of Covid, Thursday classes will be online. To register for Tuesday and Thursday Classes:

1. Find [Birth Choice Dallas](#) Facebook page.
2. Click the upcoming class event that you want to attend.
3. Scroll to "details" and click the "register here" link.
4. GoToMeeting link to be emailed to you on the DAY OF the class 1 hour before.
5. Same day or schedule diaper pick up