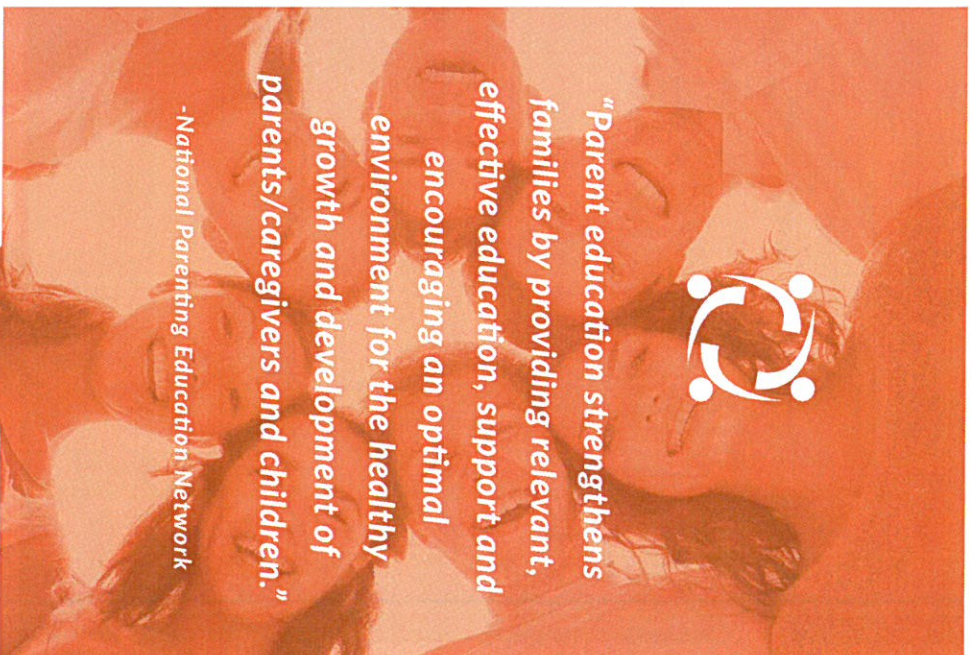


JOYFUL BEGINNINGS BABY BOUTIQUE

While attending parenting classes at Life Choices, you will earn Baby Bucks to purchase items you need for your baby and toddlers in the Joyful Beginnings Baby Boutique. Some of the many items we offer are diapers, formula, baby food, clothing, toys and large baby items. Joyful Beginnings is only available for clients of the Parenting Programs. TO APPLY FOR EARN WHILE YOU LEARN, READY TO LEARN OR DADS MATTER PROGRAMS, PLEASE COMPLETE AN APPLICATION AT THE LIFE CHOICES OF CENTRAL MICHIGAN OFFICE.



"Parent education strengthens families by providing relevant, effective education, support and encouraging an optimal environment for the healthy growth and development of parents/caregivers and children."

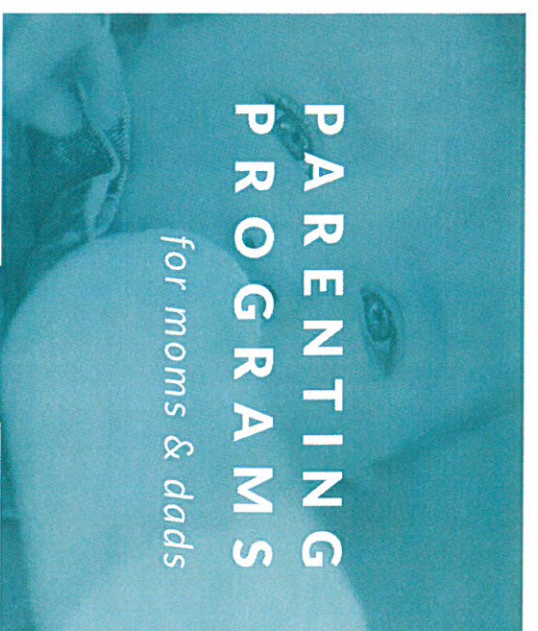
-National Parenting Education Network

Please contact Brittany, Parenting Programs Coordinator, with any questions or for more information:

(989) 773-6008

.....@LIFECHOICESCM.COM

LIFE CHOICES OF CENTRAL MICHIGAN
904 E. PRESTON, MT. PLEASANT



PARENTING PROGRAMS

for moms & dads



LIFE CHOICES

of Central Michigan

(989) 773-6008
LIFECHOICESCM.COM



EARN WHILE YOU LEARN

Earn While You Learn is designed to bring parenting education to life, helping you be an informed and empowered parent. Mothers along with their partner or support person will find parenting resources focusing on pregnancy through the toddler years. With over 200 lessons, we design the classes to fit each family's needs.

Applicants attend regularly scheduled classes, consistent attendance is required to participate in the program and to take advantage of the Baby Bucks that can be earned to use in the Joyful Beginnings Baby Boutique.

CLASSES ARE OFFERED IN:

- Pregnancy
- Labor & Delivery
- Newborn Care
- Infant & Toddler – Bonding, Needs, Education, and Safety
- Infant & Toddler – Discipline, Teaching and Training
- Healthy Parenting



READY TO LEARN GROUP CLASS

This class is designed to bring women together who are in the beginning stages of pregnancy. As a group you will attend 10 weekly classes on pregnancy, delivery, breastfeeding and newborn care before being placed in an individual, biweekly class. The group class offers opportunity to share your thoughts and questions with other new moms, while gaining support, education and earning Baby Bucks to use in the Joyful Beginnings Baby Boutique.



DADS MATTER

Dads Matter helps meet the needs of men who are stepping up to be fathers. This is a group parenting class designed for men only.

Classes meet twice a month offering education and support unique to the needs of a father.

Classes are presented by dads, who bring their experience and training together to inspire and challenge fathers. Special Guest Speakers also share new perspectives and topics on what it is to be a strong man and father. Meals and childcare are provided.

CLASSES ARE OFFERED IN:

- Dad's vital role in pregnancy, birth & infancy
- Balancing finances, work and family
- Bonding with baby, illness, shaken baby, SIDS
- Coping with frustration, resolving conflict
- Child development, health & safety
- Dealing with your own father...& more

