

Healthy Start

2023 Prenatal and Parenting Sessions Calendar

(All classes are virtual on Zoom.)

January 2023

Parenting Group Session	Thursday, January 26	4pm to 5:30pm
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February to March 2023

First and Second Trimester	Tuesday, February 7	4pm to 5:30pm
The Third Trimester	Tuesday, February 14	4pm to 5:30pm
Breastfeeding Education	Tuesday, February 21	4pm to 5:30pm
Parenting Group Session	Thursday, February 23	4pm to 5:30pm
The Fourth Trimester	Tuesday, February 28	4pm to 5:30pm
Infant Care	Tuesday, March 7	12pm to 1:30pm
Parenting Group Session	Thursday, March 23	4pm to 5:30pm

Education Classes are FREE and open to anyone!

To join in the classes, scan the QR Code for the zoom link:



For more information or to register, please contact

Tia Britton

tbritton@sihf.edu or 618-646-2577



HEALTHY START
SIHF HEALTHCARE

Healthy Start

2023

Positive Parenting Group

All classes are virtual via zoom, FREE, and open to anyone!

Topic	Date	Time
Planning for your Future	Thursday, January 26	4pm a 5:30pm
Values	Thursday, February 23	4pm a 5:30pm
Team Work	Thursday, March 23	4pm a 5:30pm
Healthy Living	Thursday, April 27	4pm a 5:30pm
A Mother's Responsibility	Thursday, May 25	4pm a 5:30pm
A Father's Responsibility	Thursday, June 22	4pm a 5:30pm
Communication	Thursday, July 27	4pm a 5:30pm
Parents as Teachers	Thursday, August 24	4pm a 5:30pm
Understanding a Child's Needs	Thursday, September 28	4pm a 5:30pm
Managing Stress	Thursday, October 26	4pm a 5:30pm
Appreciating One Another	Thursday, November 16	4pm a 5:30pm
End of year Wrap Up	Thursday, December 14	4pm a 5:30pm

For more information, contact:

Tia Britton — tbritton@sihf.org

618-646-2577

OR

Kevin McKinney — kmckinney@sihf.org

OR 618-646-2509



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HEALTHY START
Southern Illinois Healthcare Foundation