



PREGNANCY & PARENTING FOUNDATIONS 2026

*Building knowledge, confidence, and
community for the journey into parenthood.*



MON EVENING CLASSES: 5:30-7:30PM
TUES EVENING CLASSES: 5:30-7:30PM
THURS MORNING CLASSES: 9:30-11:30AM

NOTE: BABY SHOWER DATES VARY

CLASSES BEGINNING IN

	JAN	MARCH	APRIL	JUNE	AUG	SEPT	NOV
MON	Jan 26, Feb 2, 9, 16, 23, <i>Baby Shower</i>	Mar 9, 16, 23, 30, Apr 13 <i>Baby Shower</i>	Apr 27, May 4, 11, 18, June 1, <i>Baby Shower</i>	June 15, 22, 24, July 6, 13, <i>Baby Shower</i>	Aug 3, 10, 17, 24, 31, <i>Baby Shower</i>	Sept 21, 28, Oct 5, 12, 19, <i>Baby Shower</i>	Nov 9, 16, 23, 30, Dec 7, <i>Baby Shower</i>
TUES	Jan 20, 27, Feb 3, 10, 17, <i>Baby Shower</i>	Mar 10, 17, 24, 31, Apr 7, <i>Baby Shower</i>	Apr 28, May 5, 12, 19, 26, <i>Baby Shower</i>	June 16, 23, 30, July 7, 14, <i>Baby Shower</i>	Aug 4, 11, 18, 25, Sept 1, <i>Baby Shower</i>	Sept 22, 29 Oct 6, 13, 20, <i>Baby Shower</i>	Nov 10, 17, 24, Dec 1, 8, <i>Baby Shower</i>
THURS	Jan 22, 29, Feb 5, 12, 19, <i>Baby Shower</i>	Mar 12, 19, 26, Apr 2, 9, <i>Baby Shower</i>	Apr 30, May 7, 14, 21, 28, <i>Baby Shower</i>	June 18, 25, July 2, 9, 16, <i>Baby Shower</i>	Aug 6, 13, 20, 27, Sept 3, <i>Baby Shower</i>	Sept 24, Oct 1, 8, 15, 22, <i>Baby Shower</i>	