

Growing and Learning

Brevard County

CHILDBIRTH CLASSES

Birth Resources of Brevard offers childbirth classes in many convenient locations throughout Brevard County. Learn what is new in preparing for the birth of your baby. Classes cover the components of breathing, relaxation, and position changes to help labor. Most classes are held in the evening and classes taught in Spanish are offered. Cost is \$50.00 per family unit. Pre-registration is required by calling Katie at (321)252-4573 or visiting our website at www.birthresourcesofbrevard.com.

Indian River County

Lamaze Class

March 1 & 8 two night class from 6:30 – 9:30 / or 1-day semi-private course March from 9 am-3 For more information Contact Shared Beginnings at www.sharedbeginnings.org or 562-5381

Money Smart Financial Education Program

Thursday, March 4, 2010 ;Keep It Save: Your rights as a consumer Childcare Resources, 1801 24th Street, Vero Beach, 6:00 PM – 8:00 PM. Sessions will include a presentation of approximately one hour followed by a question and answers period.

Martin County

Baby Basics Classes

Martin County Healthy Start Baby Basics Classes - Now by Appointment! Martin County Healthy Start. This program provides easy-to-read prenatal information, empowering women to use books for information, offering encouragement – and teaching women how to make healthy choices! For more info or to make an appointment, contact Alexandria Velez at avelez@mchealthystart.org or call (772) 284-5700.

Family Law Forum

Father & Child Resource Center: First Tuesday of each month, 6.30 pm at 2026 SE Ocean Blvd, Stuart. Volunteer attorneys answer questions for fathers where legal issues are an obstacle to involvement with their children. No fee to attend but call 772-463-2888 to reserve a place.

Interconception Education & Counseling

Interconception Education & Counseling by Healthy Start. This program provides free resources, counseling, and education on issues pertinent to your health between pregnancies. Topics range from exercise and nutrition to baby spacing and much more! Meetings can be scheduled at your convenience, either at the Prenatal Outreach Center, at home, or during clinic visits. Call (772) 463-2141 for an appointment today or go to www.mchealthystart.org for more info.

St. Lucie County

Child Birth Education - Breastfeeding & Parenting classes

Child Birth Education classes-stages of labor, Breastfeeding and Parenting classes - parenting skills, nutrition and car seat safety. If the client completes all three of the Parenting classes they can receive a new car seat for \$15. All you need to do is call the Healthy Start office 460-2571. Classes are available to women who are pregnant or have a child up to the age of three years old and live in St. Lucie county. For more information, visit www.healthystartslc.org

Fit Fast.

March 2nd @ 7:00 pm. Renee Page will teach you that it only takes a few minutes to get in shape. Learn how the body metabolizes and how being fit can help you to fight disease. Nutrition S'Mart of Port St Lucie, 323-2222

Free Math Class for 13-15 year olds

Free Math Class for 13-15 year olds. Wednesdays. March 3, 10, 17, 24, 31. 6pm-7:30pm. St. Lucie County Library - Morningside Branch 2410 Morningside Blvd. This organization also provides free Spanish & English classes. For information contact Nelson Merchan, 772-337-5139, nelsonmerchancelly1@juno.com. Library # is 772-337-5632

Free Spanish Class

Tuesdays - March 2, 9, 16, 23, 30. Two classes available. Evening at St. Lucie County Library - Ft. Pierce on Melody 6pm - 8pm Tuesday Nights. St. Lucie County Library - Fort Pierce Branch on Melody Lane classes from 6pm-8pm. Call for details 772-462-2787. Morning classes located at MorningSide Library in PSL from 9am-11am. Call 772-337-5139 for details.

Healthy Habits for Kids.

March 13th @ 11:00 am. Erinn Hennessy wants you to have some fun with your child. Learn fun yoga poses, breathing techniques and nutritional facts to help build stronger families. Nutrition S'Mart of Port St Lucie, 323-2222

Please call ahead to confirm course schedules as they are subject to change.

Listings in our Growing Learning calendar are free of charge to all agencies, groups, or organizations. This calendar is reserved for support groups, parenting courses, preventative workshops, and similar classes. If you would like to be listed, please contact us.

E-mail: calendar@tcparenting.com or fax us at (772)878-5131.