

# Calendar

DECEMBER  
JANUARY  
FEBRUARY

For information on class times and/or dates, please call The OutReach Center at 985-876-7577.



## BRIGHT BEGINNINGS

### Mommy & Me

Monthly

A group designed to offer mother-to-mother support in a fun and positive environment. Bring babies!

### ESP

[ Especially for Special Parents ]

Monthly

Parenting series for parents of children ages 5-17 years of age in association with Steps to Success.

### Parenting Tips for Dads

Quarterly Class

A great program just for dads who want to gain more knowledge in the responsibilities and demands of parenting.

## HEALTH & WELLNESS

### Diabetes Screening

Monthly – By appointment

Screening includes checks for blood pressure and irregular heartbeat; tests for cholesterol and glucose; and references for those who test high. Cost: \$10 per person. Must be over 18.

### Kidney Options

Monthly

An educational class for persons facing dialysis or possible transplant.

### SHIPP

Monthly

FREE health insurance information for Medicare recipients.

## SUPPORT GROUPS

### Resolve Through Sharing

Quarterly

For families who have lost a child before or immediately after birth.

### Bosom Buddies

Monthly

A support group for breast cancer survivors.

### Look Good, Feel Better

Every other month

Makeovers for cancer patients by a licensed cosmetologist.

### CHADD

Monthly

A support group for families of children & adults with Attention Deficit Disorder.

### Diabetes Support Group

Quarterly

Class that provides support/help with daily coping skills and educational information for diabetic patients and their families.

### Alzheimer's Caregivers Support Group

Monthly

Educational support group for caregivers.

### Multiple Sclerosis Support Group

Monthly

Information and resource group for MS patients. This support group also teaches coping skills relating to the symptoms of MS.

