

To pay for Membership
& Register for Classes



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Address: 21404 Koop Dr., Mandeville LA

Phone: 985-898-4435

Email: parentingcenter@stph.org

Website:

stammany.health/parentingcenter

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Open Play 9a.m.-1p.m.	2 Safe@Home 10a-12p Puberty Classes 12:30-2p Open Play 9a.m.-1p.m.	3
Don't forget to buy your Monster Mash Tickets!!!! Monster Mash Event, Saturday, October 17th from 10a-2p!						
4	5 Little Learners 10:00 a.m. Craft & Bond 10:30 a.m. Open Play 9a.m.-1p.m.	6 Little Learners 10:00 a.m. Craft & Bond 10:30 a.m. Open Play 9a.m.-1p.m. ❤️ Infant/Child CPR – 6p	7 Little Learners 10:00 a.m. Craft & Bond 10:30 a.m. 🎂 Birthday Party 11a Open Play 9a.m.-1p.m.	8 👠 Ballet 10 am Open Play 9a.m.-1p.m.	9 🚒 Field Trip - Covington Fire Dept. Open Play 9a.m.-1p.m.	10 ❤️ Heartsaver 9a-12:30p
11	12 Little Learners 10:00 a.m. Craft & Bond 10:30 a.m. 🌱 Breastfeeding Support 11:30a Open Play 9a.m.-1p.m.	13 Little Learners 10:00 a.m. Craft & Bond 10:30 a.m. Open Play 9a.m.-1p.m.	14 Little Learners 10:00 a.m. Craft & Bond 10:30 a.m. Open Play 9a.m.-1p.m.	15 Open Play 9a.m.-1p.m.	16 Parenting Center Closed for Monster Mash Setup	17 🎃 Monster Mash 10a-2p 
18	19 Parenting Center Closed for Monster Mash Clean-up	20 Parenting Center Closed for Monster Mash Clean-up	21 Parenting Center Closed for Exterior Painting	22 👠 Ballet 10 am Open Play 9a.m.-1p.m.	23 Open Play 9a.m.-1p.m.	24
25	26 Little Learners 10:00 a.m. Craft & Bond 10:30 a.m. 📺 STORY TIME 10:30 a.m. Open Play 9a.m.-1p.m.	27 Little Learners 10:00 a.m. Craft & Bond 10:30 a.m. Open Play 9a.m.-1p.m.	28 Little Learners 10:00 a.m. Craft & Bond 10:30 a.m. Open Play 9a.m.-1p.m.	29 👠 Ballet 10 am Open Play 9a.m.-1p.m.	30 🎃 Halloween Costume Party 10:30 a.m. Open Play 9a.m.-1p.m.	31 Look on Back

Safe Sitter – Safe @ Home

Friday, October 2nd; 10:00 a.m. – 12:00 p.m.

This program is designed to prepare students entering grades 4-6 to be safe when they are home alone. **COST: \$25/person**

Puberty Classes for Boys & Girls

Friday, October 2nd; 1-3 p.m.

Birds, Bees & Me: A Talk for Girls is for 8-13 years (and their parents if they want) to talk frankly about puberty, having your monthly period, body changes, emotional mood swings and social/relations changes.

I'm Growing Up – A Talk for Boys is for boys ages 9-13 years (and their parents if they want) to talk frankly about puberty, body changes, emotional mood swings and social/relations changes. **COST: Free**

Little Learners

Mondays, Tuesdays & Wednesdays, October 5-7, 12-14, 26-28; 10:00 a.m.

This interactive class is for children and their adults to join in singing songs, exploring with movement, bubbles, and playing musical instruments. Children will gain and practice social skills, transitioning, and more. Adults will learn ways to engage and play with their children in a supportive environment.



Craft & Bond

Mondays, Tuesdays & Wednesdays, October 5-7, 12-14, 26-28; 10:30 a.m.

Join us for an art and craft activity that will allow children to create, develop fine motor skills, and practice independence with their adult's support and encouragement.



American Heart Association Family and Friends Infant/Child CPR

Tuesday, October 6th; 6-8 p.m.

For new parents, caregivers and family members who want to gain the knowledge and skills needed for choking and breathing emergencies in infants/children. No CPR certificate is given. **Please register online.** **COST: \$30/person.**



Monthly Birthday Party Sponsored by Chick Fil A

Wednesday, October 7th; 11:00 a.m.

Open to all members – come help us celebrate our children who are celebrating their birthdays this month by joining us for cupcakes and chicken nuggets donated by the Hwy 21 Chick Fil A!



Ballet (ages 3 and older) Christina Connell, Owner of the Conservatory of Ballet Aviv- Instructor

Thursday, October 8, 22 & 29 at 10:00 a.m. (**PLEASE NOTE – if the class fills, we will add another one**)

Our exciting and educational class is filled with a combination of the best practices of Ballet techniques that help our little ballerinas to gain motor, cognitive, and social skills that will be beneficial for life. **COST: \$50/child**



Field Trip – Covington Fire Department

Friday, October 9th at 10:30 a.m.

October is Fire Prevention month so we will meet at the Covington Fire Department (525 N. Jefferson Ave, Covington) where we will get a tour and picture time with the fire trucks. **Please register online** **COST: Free**



American Heart Association Heartsaver FA CPR AED

Saturday, October 10th; 9 a.m.-12:30 p.m.

This course teaches First aid basics; Adult, Child, and Infant CPR, how to relieve choking, and AED use. Will receive a course completion card. (Daycare workers please call 985-898-4435 BEFORE you register). **Please register for this class online.** **COST: \$95/person**

Family Breastfeeding Support

Monday, October 12th; 11:30 a.m.

This family breastfeeding support group is a peer-led forum designed to allow new parents to share experiences, support and encouragement while receiving lactation support from a professional facilitator. **PLEASE NOTE - this group meets at the St. Tammany Hospital.** **Please register for this class online.** **COST: Free**

Monster Mash (Parenting Center Yearly Fundraiser)

Saturday October 17th; 10 a.m. – 2 p.m.

Come spend the day at Bogue Falaya Park (213 Park Dr, Covington, LA 70433) with family and friends participating in many fun activities. This is the Parenting Center's yearly fundraising campaign. Tickets on sale on September 25th



Love on a Leash

Wednesday, October 21st; 10:30 a.m.

A couple of dogs will be available for our members to interact, pet, hug and play with and learn safe behaviors.



Story Time

Monday, October 26th; 10:30 a.m.

Come join us as we listen to the St. Tammany Parish Library lady as she shares fun and interactive stories



Halloween Costume Party

Tuesday, October 31st; 11:00 a.m.

Let's Party! Come dressed in your Halloween costume to party with the other little monsters, superheroes and princesses.

COST: Bring a spooky snack to share **Please register at the front desk with names attending and what food you are**

bringing