

BRIGHTHOPE Pregnancy Support Centers

*Allentown Class Schedule
October–December 2023*

Baby Care Bootcamp

Group lessons on newborn care, self-care for moms, infant safety, and bonding with baby. Ideal for expectant parents and parents of children under three months.

Tuesdays at 4:00 PM

Thursdays at 1:30 PM

Class starts Oct. 5

Your pick: The Tuesday and Thursday classes cover the same content both days

BrightBirth Academy

Childbirth class for moms and their labor support person

Tuesdays at 6:00 PM

Seven-session series runs Oct. 3, Oct. 10, Oct. 17, Oct. 24, Oct. 31, Nov. 7, & Nov. 14

Nutrition Links

Learn to make healthy meals on a budget! Run by a certified nutritionist.

Thursdays at 12:30 PM

Teen Mom Support Group

Social time and mini-lessons or discussions for teen moms. Food is provided. Babies and toddlers welcome!

Tuesdays at 5:00 PM

Holiday breaks (for all classes)

Thanksgiving: No classes on November 23

Christmas: No classes December 21–January 2

Note: Unless otherwise specified, please arrange childcare for babies 6 months and older.