

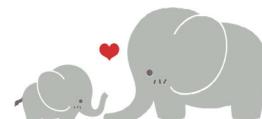
Empowered Parenting



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 5 p.m.



Parenting 101

Learn strategies for parenting and successful family living. Covers communication, building values, promoting good behavior, child safety, and household routines.

Thursdays at 1 p.m.

We won't meet on April 2, the Thursday before Easter.

Classes are free of charge.

Earn Baby Bucks to spend at our boutique on diapers, baby clothes, formula, and more!

Open to expectant parents as well as parents of children aged two and under.

Sign up at the reception desk or by calling 610-821-4000.

Our address:

2200 Hamilton St.
Suite 103
Allentown, PA 18104

Can't make any of our class times?

We have one-on-one appointment availability.
Call 610-821-4000 or text 610-998-3473 to inquire.

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