



P.L.A.N.T.

Parents Learning and Networking Together

Workshops Saturdays 11:30 am-1 pm

Date	Title	Topic
March 5	The Ultimate Woman I	New ways of caring for ourselves
March 19	The Ultimate Woman IIAnd more.....
April 2	I Never Knew...	Supportive life relationships
April 16	Where Does It Go?	Time, Money and Resources
April 30	What Now?	Labor, Delivery, Post-Partum
May 14	Baby and Me	Caring for Baby, Now and Always

Food

Prizes

Friendships



Register by calling (314) 361-0124

Workshops will be held at Birthright Counseling, Midtown Location
625 North Euclid Ave #210, St. Louis, MO 63108

Name _____ Phone _____

Age _____ Due Date _____ Sex of Baby _____

Office/Counselor Making Referral: _____

Bonus gifts for attending all 6 sessions
Babies are invited



T P.L.A.N.T. (TEEN PARENTS LEARNING AND NETWORKING TOGETHER)

Workshops—
Saturdays: 11:00-12:30

Date	Title	Topic
March 5	Will “T” Survive?	New role & responsibilities
March 19	Help! I need it!	Supportive Life Relationships
April 2	The Right Stuff	Nutrition; Drugs and Pregnancy
April 16	Only the Best	Child Safety and Caring for Baby
April 30	Parenting 101	Bonding and Child Development
May 14	Am I Loved?	Responsible Sexual Behavior
May 28	Babies Can’t Fight Back	Child Abuse and Domestic Violence

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Register by calling (314) 962-5300

Workshops will be held at Birthright Counseling, Brentwood Location
2525 South Brentwood Blvd. St. Louis MO 63144

Name: _____ Address: _____

Age: _____ Due Date: _____ Phone Number: _____

Office/Counselor Making Referral: _____

Bonus gifts for attending all 7 sessions
Babies welcome

PRIZES *** FOOD ***** GAMES ***** FUN ***** FRIENDS**