

# Genesis Classes and Counseling

Genesis Center 412-766-4934 · 141 N Fremont Avenue, Pittsburgh (Bellevue) PA 15202

**Free classes and counseling for new and expectant parents**



*You can't be a perfect parent, but you can be prepared with the help of classes and counseling at Genesis.*

## Learn With Baby!

New art therapy intern, Caity Mours, is bringing these two classes to Genesis.

**Parents and children attend these programs and learn together!**

### Discovery Workshop\*

An art and play activity group for moms, dads, and babies from birth to age 2.

Your baby discovers new things about his or her world using in fun and interactive ways, such as playing with sand, finger paint, clay, and feathers.

### Creative Corner

Learn fun ways to spend time with your preschooler (ages 3 and 4). We will have story time, art-making, music, and more interactive play.

## Brand New Baby Rewards Program Classes

Enroll in our Brand New Baby Rewards Program during your pregnancy. Complete Newborn Care, CPR, First Aid, and Breastfeeding (or Money Matters) Class to receive a brand new crib (frame only; mattress is earned separately) for your unborn baby.

To earn a new car seat and crib mattress as well, complete the six-week Parenting Essentials series.

Newborn Care Classes Topics include baby care basics, health and safety, and soothing the crying infant.

Three-week series available in the day and evening.

Money Matters teaches the expenses involved in parenting and how to make ends meet.

Breastfeeding Class helps prepare mothers and fathers for breastfeeding success.

Parenting Essentials Classes Learn about parenting during the child's first three years. Topics include health and safety, bonding, discipline, and stress management.

Six-week series. Parents of children up to age three only.

First Aid Class Learn to respond to first aid emergencies.

CPR Class is available to expectant parents free of charge. Fees for those who are not pregnant are listed below.

Parents and other family members of infants and toddlers who cannot afford the fee may qualify to take CPR class for a reduced fee.

### Infant CPR

Offered one day and one evening each month. Free to expectant parents. \$35 for others.

### Adult, Child, and Infant CPR

3-hour class offered one Saturday per month. Free to expectant parents. \$50 for others.

## Preparing for Birth and Parenthood

Preparing for Birth Childbirth classes includes Lamaze techniques, exercises, relaxation, breathing, and what to do in the labor room. Support people are welcome, but not necessary. Three-week series. You must be at least 31 weeks pregnant when you start these classes. Facilitator: Joanne McDaniels

Becoming a Parent Discussion group gives expectant mothers and fathers information and tools to improve their relationships, communication, and decision-making skills. Facilitator: Misty Gavasto

Get Ready Mom!\* This group consists of art activities specifically designed for expectant mothers. Participants will meet to discuss the various emotional challenges of pregnancy and the changes that surround motherhood. Moms will prepare for their babies' arrivals and get support with handling the stresses of their changing bodies, emotions, and family structure. Facilitator: Caity Mours

While We Wait: A Group for Expectant Couples\* In this class, couples will make artwork together and individually to have fun, relieve stress, and explore concerns about becoming parents. Activities will include collages, sculpture, belly casts, and various painting and drawing activities. Facilitator: Caity Mours

\* For art groups and classes, there is no charge, supplies are provided, and participants do not need to have any art skills.

## Nutrition Class

Learn about nutrition and how to:

- Stretch your food dollars
- Make healthy food choices
- Plan and prepare tasty healthful meals
- Use your food dollars wisely
- Handle food safely

Six-week series.

## Teens' Parenting

This Saturday morning group is only for pregnant teens and teen parents.

Facilitator: Monica Driscoll

## Cord Blood Information

Learn about options for storing or donating your baby's cord blood, and the special uses for this precious blood that otherwise is thrown away. Presented by Mary Wiegel of ITxM cord blood services.

## Potty Training Class

Parents of children in diapers: learn how to teach your child to use the toilet, including signs of readiness for potty training, how to encourage your child, and how to handle setbacks.

## Prenatal Class

For pregnant women. Topics include discomforts and danger signs during pregnancy, fetal development, testing done during the pregnancy, what to expect during labor and birth, pain management during labor, newborn procedures, and postpartum adjustment

## Individual Counseling and Couples Counseling

Traditional counseling or art therapy\* sessions are available to help moms, dads, or couples prepare for the changes a new baby brings.

This is an opportunity to discuss personal concerns, fears, and also excitement about your baby, and to address other issues that are important in your life.

## More Art Groups\*

Facilitator: Caity Mours

Overcoming Addiction An art therapy group for pregnant women struggling with personal addictions, including those trying to break the smoking habit. This group will provide support through the process of recovery and will also address the negative effects of addictions upon individual and family development.

Open Studio Got a little free time? Drop in for Open Studio and stay for as little or as long as your schedule allows. All materials will be open for use including paints, clay, drawing supplies, and collage materials. Come on in and create.

Creating Lasting Memories: Scrapbooking This group offers an opportunity for expectant mothers to prepare a special keepsake album for your baby's first year and also document your pregnancy.

You do not have to have pictures of your baby to attend!!! We will be making creative pages that you can fill in with your baby pictures after the birth of your baby.

Creative Keepsakes for New Babies During this informal group, you will learn how to make special gifts for your new baby, such as receiving blankets, embroidered teddy bears, and hand-made birth announcements. There are special activities for dads.

## Coming Soon! The Learning Center At Genesis

In October, the second floor of Genesis will open, providing a spacious classroom, a cozy room for groups, a complete kitchen for nutrition and meal-preparation classes, and an educational resource room with available computers, books, and audio-visual resources.

We'll have more programs available for pregnant women, expectant fathers, and parents of infants, toddlers, and preschoolers, as well as groups for parents experiencing the loss of a child.

- Tutoring & GED preparation
- Early pregnancy class
- Job skills training
- Fathers' and fathers-to-be group
- Career counseling
- New moms' group
- Goal-setting
- Parental loss groups
- Computer literacy
- Adoption awareness activities
- Housing 101
- Decision-making
- Independent transportation
- Birthparents group
- Effective communication
- Sexual abuse prevention
- Financial responsibility
- Community resource presentations
- Conflict resolution
- Stress and anger management
- Healthy lifestyle
- Sibling preparation classes
- Family counseling
- New sibling group

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