



L.I.F.E.

Learning, Inspiring, Fostering, Educating

 **Durango Pregnancy Center**
Loving, educating, helping and giving hope.

Offering education, assistance and support throughout your pregnancy and beyond. . .

Pregnancy Tests
STI Testing
Prenatal, Infant and Parenting Classes

1315 Main Avenue, Suite 230
Durango, CO 81301
970-247-5559
www.durangopregnancy.com

Here's a list of our free classes!

I'M GOING TO HAVE A BABY!

*16 -20 week curriculum.
One on one with DPC trained staff and volunteers.
DVD generated
Classes are from 45 minutes to one hour.*



In the Womb—what's happening!

Midwifery vs. Medical Delivery

Stages of Fetal Development

Emotional and Physical Development of Newborns

How to Get Your Baby to Sleep

Birth Plan Support

Breastfeeding Education and Techniques

Birthing Classes (Lamaze approach)

Infant Care

Comforting your Baby

Infant CPR (non-certificate)



We'll get you ready to be a confident mom!



BEING A PARENT TAKES WORK!

*Geared towards parents with children
2-12 years old.*

*Six week curriculum
DVD generated*



Straight Thinking about Discipline
(real world applications, testing/manipulation, etc.)

How to Encourage Good Behavior.

Discover What Type of Parent You Are!

Family Life and Motivating a Child Positively.

*At the completion of the six weeks you receive a
personalized certificate for your records.*

Here's what you need to do.

→ Call set up your appointment.

→ Keep your appointment!

→ You and your DPC client advocate will agree on a schedule of classes.

→ Arrive on time for your class.

→ Bring your pregnancy support friend, partner or spouse

→ Complete worksheets and homework



...or save them up for a brand new **Car Seat**
Pack and Play
Glider Rocker
Crib
or a **Certified Prenatal Massage!** . .



Check out the other side to learn how you can earn "BMS bucks" ...and how you can spend them!

Here's what you'll earn!



Make and keep an appointment

\$1.00

Participation in LIFE program

\$1.00/10 minutes

Complete a worksheet

\$1.00

Read additional selected brochures

\$1.00

Bring back completed homework

\$1.00

Bring baby's dad or support person

\$2.00

Get a babysitter for older children during scheduled appointment

\$2.00

Bring donation

Donation must be clean, in excellent condition and in good working order

\$5.00

Bring in ultra-sound picture

\$1.00

Bring signed form from pregnancy appointment (WIC, Nurse Partnerships, midwife, physician)

\$2.00

It's easy to earn
BMS "bucks"
while you learn about
your growing baby
or
how to be a good parent!

Here's what you can get with BMS bucks!

All items are donated so
subject to availability

The amount of BMS Bucks needed are dependent on
availability and condition.

All cribs, mattresses and car seats are newly purchased.



EACH item in blue or green bins

Crib Sheets

Bottles / teething rings etc.

Shoes / Boots

Bibs / Baby Pants

Hats / Mittens / Headbands

Pacifiers / Clips

Socks, Booties

Utensils / Clippers, etc.

5 Wash Cloths

Baby outfits on Hangers (each)

Maternity Clothes (each)

Receiving Blankets

Safety & Packaged Accessories

Slings & Front Carriers (used)

Towels

Bathtub / Bath Ring / Booster Seat

Breastfeeding Pillow

Package of a dozen diapers

After birth of baby and limited to 2 dozen a month

Diaper Bags

Shampoo, lotions, etc.

Handmade Blankets / Large Blankets

Nursing Pads

Wipes (one pkg. per month)

Backpack

Bumper Pad Sets

Wipe Warmer

Umbrella stroller

Play Station

Breast Pump (hand)

Bouncy Seat / Infant Seat

Formula

High chair (used)

Stroller (used)

Bassinet (used)

Pac n' Play (used)

Large furniture item (used)

Bjorn Baby Carrier (new)

Umbrella stroller (new)

Bassinet (new)

Pac n' Play (new)

Breast Pump (electric)

Travel Infant Car Seat and Stroller

New Crib and Mattress

New Convertible Car Seat

Certified Pre-natal Massage



Make an appointment.

You can be an awesome parent to your baby!

All items are subject to availability
and items not listed
will be priced by center staff.

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