Parenting Classes

Parenting Classes are offered in five consecutive weekly group sessions. Both moms and dads are encouraged to enroll and attend. Parenting Classes are offered four times each year, alternating morning and evening sessions. At the completion of Parenting Classes, each family can choose from a free crib and mattress or infant car seat and stroller combo.

Call for more information

560 W. Fourth Street, Mansfield, OH 44906
419-522-8862
www.richlandpregnancy.com







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| Parenting | <u>Re</u>sources

Mom-to-Mom Mentoring Dad-to-Dad Mentoring Parenting Classes

AT RICHLAND PREGNANCY SERVICES



Mom-to-Mom Mentoring

Designed to walk expectant and new mothers through the adventure of motherhood!

Mom-to-Mom Mentoring offers informative lessons, helps meet material needs and offers personal support through your Mentor Mom.

Enrollment is open to any expecting mother or moms with children up to 2 years old.

HOW DOES MOM-TO-MOM MENTORING WORK?

Once you've enrolled, you'll meet with your
Mentor Mom periodically. At each meeting
you'll earn "Mommy Money" that can be used in
our Boutique to purchase diapers, baby and
maternity clothing, nursery furnishings and

Mom-to-Mom lessons include topics such as fetal development and bonding with your baby before birth, information on a healthy pregnancy and preparing for labor and bringing your baby home, how to care for your baby's daily needs and more.

All Mentor Moms are trained volunteers.

By enrolling in Mom-to-Mom Mentoring you are committing to attending at least one appointment every 3 months. Keep Mommy Money in a safe place, as it cannot be replaced if lost or stolen. You can record appointments with pre-approved activities outside of RPS to

Dad-to-Dad Mentoring

Do you have questions about being a father?
The Dad-to-Dad Mentoring Program will help
you find the answers you need and walk with
you through pregnancy and prepare you for
fatherhood.

Dad-to-Dad participants earn "Dad Dollars" at each appointment, which can be spent in our Boutique on items such as diapers, baby clothing and other needs for your baby.

Keep Dad Dollars in a safe place, as it cannot be replaced if lost or stolen. You can record appointments with pre-approved activities outside of RPS to earn additional Dad Dollars.

All Mentor Dads are trained volunteers.

Schedule an appointment to enroll in Mom-to-Mom or Dad-to-Dad Mentoring and earn your first Mommy Money or Dad Dollars!

Stop by 1560 W. Fourth Street, Mansfield, OH 44906 or call 419-522-8862





Fathering in 15

For dads who may not be able to attend inperson Dad-to-Dad Mentoring sessions,
Fathering in 15 is an online learning
experience made just for you!

It is an interactive, online tool that helps men build the knowledge and skills they need to be the best dads they can be anytime.

You can access the Fathering in 15 online learning site from any computer or mobile

http://f15.fatherhood.org/rpsi

The email to use for questions at the end of the videos is dickerichlandpregnancy.com, to ensure your \$15 in Dad Dollars are earned.

