



RCPC

Resource Center for Parents and Children

Nurturing Families Prenatal Program

Thursdays

1:30-3:30 pm

9 sessions

**November 16– January
25**

To register call

907-456-9002

or email

htiger@rcpcfairbanks.org

**Classes are held at the
Resource Center for Parents
& Children
726 26th Avenue, Suite 2
Fairbanks, AK 99701**

Phone: 907-456-9002

Fax: 907-451-8125

E-mail: hitger@rcpcfairbanks.org



Dear Expecting Moms and Dads,

We invite you to join us for an enjoyable and informational 9-session group program as you prepare to become a new parent. Our focus will be on understanding infants and parent-infant relationship.

Some topics include...

- Pregnancy and parenting adjustment
 - Parent-child attachment
 - Infant development
 - Infant massage & soothing infants
 - Postpartum planning
- Guest speakers to discuss & answer questions on infant nutrition & breastfeeding support
- Community Resources

Becoming a new parent is exciting and challenging, together we'll learn what to expect - from welcoming your baby(ies) to first steps.