



Ready for Life

Weekly Group Classes



FAQs

1. Can I bring the father of my baby?
Yes, you can.
2. What if I come late?
If you arrive 15 minutes late, you will earn 3 bucks. Later than 15 minutes, we ask if you will please join us again next week.
3. What if I can't come to class? Can I get bucks?
If you are unable to attend Ready for Life, there are still ways to earn bucks. Ask us about our Bible Study and about earning bucks with outside agencies.
4. Can I bring my baby after (s)he's born?
We love babies; but we only allow little ones 9 months or younger in the room during group class.

MyLife Clinic
802 Providence Rd. #2
Columbia, MO 65203
Phone: (573) 874-3561
Fax: (573) 875-5244
www.mylifeclinic.org



ABOUT GROUP CLASSES

Ready for Life is MyLife Clinic's group education class. It is a 16 week curriculum full of great topics all about family, pregnancy, and parenting.

Ready for Life is one of the ways to earn bucks for the boutique program we offer. Earn 4 bucks per class attended. These boutique bucks allow you to shop for diapers, baby clothes and bath items as well as larger items such as cribs and car seats.



WHY READY FOR LIFE?

Feel more prepared for the birth and life of your baby.

Gain positive insight into family and work relationships and learn how to better navigate them.

Meet other moms who are walking through the same experiences. Share and encourage one another in new and exciting life moments.

Enter to win our mommy baby bundles!

TOPICS INCLUDE

Ready for Life offers opportunities to find out more about a variety of topics all relevant to your family, your health, and your baby. We hear from professionals on topics such as:

- Childbirth
- Healthy Pregnancy
- Infant Care
- Post-Partum
- Infant/ Child CPR
- Breastfeeding/ Infant Nutrition
- School Readiness
- Journaling & Time Management
- Developing Family Traditions
- Communication
- Healthy Boundaries

*These are likely potential topics. Specific group class topics are determined by availability and are not guaranteed.

Before Bible Study on
Thursdays at 12:30

