

Who is Jesus, Really?

8 Classes of beginner Bible Study that examine the life and ministry of Jesus through the eyes of a woman

The Me I See, Basic Decision Making, Is Parenting for Me Now?

A series of workbooks which explore how to choose what is best for you and your baby.

Post-Abortion Healing

Help for those who have had an abortion and now regret it. We offer a recovery program that deals with unresolved issues from past abortions.

Where To Find Us

Davenport Center
2706 West Central Park
Davenport, IA 52804
563.386.3737

Moline Center
3825 16th Street
Moline, IL 61265
309.797.3636

FAQs

When are the classes held?

Classes are held at various times throughout the week. Call the center to find out when the class you are interested in will be held.

Do I have to make an appointment?

Yes, please call the appropriate center for an appointment.

How much do the classes cost?

All of our services are free of charge!

Can I bring my kids?

Only if your baby is under 6 months old and does not cry or fuss during class. Otherwise, you'll need to find a babysitter.

www.qcpregnancy.org



Classes and Services for New and Expectant Parents



www.qcpregnancy.org

Healthy Pregnancy

To be taken during the first 20 weeks of pregnancy

4 classes on how to take care of yourself during pregnancy

Topics that are covered include:

- Prenatal Development
- Prenatal Care
- What to expect in each trimester
- Healthy Eating
- Things to Avoid
- Common Discomforts

Baby Basics

*4 Classes For Expectant Parents
How to take care of your newborn*

Topics that are covered include:

- Feeding
- Bonding
- Diapering
- Crying
- Bathing
- Newborn Appearance

Be ready for your baby!

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Bella's Closet

Clothing & More

Maternity Clothes

Up to 8 maternity outfits can be loaned out to a client who is pregnant. These can be exchanged as needed throughout the pregnancy.

New Baby Bag

A layette, which contains a variety of newborn items, is given to clients who have taken at least one class and are given 30 days before their due date. A layette cannot be exchanged.

Disposable Diapers

Disposable diapers or diaper certificates are provided to clients who participate in classes. Clients with children can receive either diapers or a diaper certificate. If pregnant, you will receive a diaper certificate. Diaper certificates can be redeemed after the birth of the baby, one certificate per week.

Baby Clothes

Baby clothes are available to the client until the child no longer wears size 24 months(2T) or has turned 2 years old, whichever comes first. A client may use Bella's Closet once every 4 wks.

Car Seats

To qualify for a car seat, a client must be established as a client during her pregnancy and take 4 classes during that pregnancy. If the client has qualified for a car seat, it will be given no sooner than 30 days before the client's due date.

Active Parenting Plus

8 classes for parents with children under age 2

Topics that are covered include:

- Childhood health & safety
- Stages of development, physical & emotional
- Dealing with behavior problems
- Discipline techniques
- Encouraging play & learning
- Love & healthy relationships
- Nutrition & feeding
- Budgeting for a new life & baby

24/7 Dad™ & Doctor Dad®

*Classes taught by men
for men -
to help you be the best dad
you can be!*

Topics that are covered include:

- What it means to be a man
- Communication
- The Father's Role
- Children's Growth
- Handling & Expressing Emotions
- Expectations & Children's Development
- Well child, Sick child, Injured Child, Safe Child