







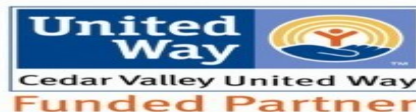
November 2022 Nest Calendar

Operation Threshold Locations:
 *OT WLOO = Operation Threshold, 1535 Lafayette St, Waterloo
 *OT Grundy Center = 1606 G Ave Grundy Center

SOME CLASSES THIS WILL BE ON FACEBOOK LIVE THROUGH OUR NEST PAGE

Sun	Monday	Tuesday	WedNESTday☺	Thursday	Friday	Sat
	<p>Facebook Search: <u>The Nest Program Serving Black Hawk & Grundy Counties</u></p>		<p>2</p> 	<p>3</p> 	<p>4 NEW HOURS MON-THURS 7:30AM-6:00PM</p>	5
6	7	8	<p>9</p> <p>Importance of Touch FB Live @12pm</p>	10		 <p>12</p> <p>OFFICE CLOSED</p>
13	14	15	16	17	18	19
	<p>Making Good Choices 11am First United Methodist Church</p>		<p>Developing Empathy FB Live @12pm</p>		<p>OFFICE CLOSED</p>	
20	21	22	23	24	25	26
			<p>Prenatal Parenting FB Live @11pm CLOSED EARLY FOR THE HOLIDAYS</p>	 <p>OFFICE CLOSED</p>	<p>OFFICE CLOSED</p>	
27	28	29	30			
	<p>Growth & Development of Children 11am First United Methodist Church</p>		<p>Foster & Adoptive Parents FB Live @12pm</p>	<p>The Nest Program Serving Black Hawk</p>	<p>OFFICE CLOSED</p>	

To view descriptions of classes listed above, please refer the next page.



Questions?
 Contact the Nest Coordinator:
 Marissa Christensen
 319-292-1805 OR 319-939-6219
 mchristensen@operationthreshold.org

What is Nest?

The Nest program is an incentive based program for income-eligible pregnant women, post-partum mothers, and families with children up to 5 years of age. Families can earn incentive points for healthy behaviors such as keeping doctor appointments and attending parent and preventative educational classes. The points are then redeemed for incentive items, items ranging from diapers, wipes, bathing supplies, baby clothes, and educational books just to name a few.

Here's a summary of the classes this month: (On Facebook Live & In-Person Classes)

Importance of Touch— The importance of parent/child touch in early childhood

Making Good Choices— Smoking and child health, 12 steps to keeping children drug free, possessive and violent relationships and over all good family choices

Developing Empathy— Getting needs met, myth and facts about spoiling your children

Prenatal Parenting— Changes in me and you, body image, keeping mom and baby healthy, fetal development

Growth and Development of Children- Children's brain development, male and female brain development and stages

Foster and Adoptive Parents-Attachment, separation, and loss. As well as expectations on foster and adoptive patents.

These online classes for the month will cover all counties (Black Hawk and Grundy). Points will still be given as normal. You will need to fill out the survey that I post in the comments of the class in order to get your points. If you are not able to watch the class live, you can watch it afterwards to get points as long as you fill out the survey!

JOIN OUR FACEBOOK GROUP:

**The Nest Program Serving Black Hawk
& Grundy Counties**