



# April 2026 Nest Calendar

**Operation Threshold Locations :**  
 \*OT WLOO = Operation Threshold, 1535 Lafayette St,  
 Waterloo  
 \*OT Grundy Center= 1606 G Ave Grundy Center  
**Office Hours Mon-Thurs 730am-6pm Closed Friday**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Questions? To make an appointment or contact the Nest Coordinator:            Jennifer Gibbs 319-415-6436            jgibbs@operationthreshold.org</p>			1 Benefits of Play Facebook LIVE 12pm	2 	3 	4
<p> Join our facebook group</p>						
5	6	7	8 Take Charge of Your Money Facebook LIVE 12pm	9	10	11
12	13 Spring Craft Waterloo OT 12pm	14 	15 Positive Attitude for a Positive Life Facebook LIVE 12pm	16	17	18
19	20	21	22 WIC Facebook 12pm	23	24	25
			<p>** Class topics vary from month to month. Stay connected through the Facebook Page.**</p>			
26	27 How to create a budget Waterloo OT 12pm	28	29 Mental Health 101 Facebook LIVE 12pm	30	<p>Facebook Search: <a href="#">The Nest Program</a>  <a href="#">Serving Black Hawk County</a></p>	



## 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)

**Benefits of Play—** Learn why play is so important for your child's development!

**Spring-time Craft—**Join us at Operation Threshold for fun seasonal crafts!

**Take Charge of Your Money —** Having a budget on paper versus where you actually spend it

**WIC Video—**Learn about healthy habits from WIC!

**Positive attitude for a positive life—**Learn how to shift your attitude to transform your life.

**Mental Health 101—** Understanding Mental Health, what it is and how it affects people differently

**How to create a budget—** Learn how to create a personalized budget for your family, and how to stick to it.

