





September 2024 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
1	2	3	4	5	6	7
<p>Facebook Search: The Nest Program Serving Black Hawk & Grundy Counties</p> <p><i>**Class topics are subject to change as time goes on** Will keep you updated on the Facebook page!</i></p>			<p>Co-Parenting FB Video @12pm</p>		<p>MON-THURS 7:30AM-6:00PM</p>	<p>The Nest Program Serving Black Hawk & Grundy Counties</p>
8	9	10	11	12	13	14
	<p>Child abuse Prevention 11am First United Methodist Church</p>		<p>Creating a safe space FB Video @12pm</p>		<p>OFFICE CLOSED</p>	<p>Questions? Contact the Nest Coordinator: Marissa Christensen OR 319-939-6219 mchristensen@operationthreshold.org</p>
15	16	17	18	19	20	21
		<p>Learning is Play 10am Operation Threshold in Grundy</p>	<p>WIC Nutrition Video FB Video @12pm</p>		<p>OFFICE CLOSED</p>	
22	23	24	25	26	27	28
	<p>Dental Health Importance 11am First United Methodist Church</p>		<p>Allen Women's Health FB Video @12pm</p>		<p>OFFICE CLOSED</p>	
29	30	<p>To view descriptions of classes listed above, please refer the next page.</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)

Co-Parenting- Tips on how to co-parent and why its important for both the children and parents.

Child Abuse Prevention- How to prevent child abuse and how to recognize the signs of child abuse.

Creating a safe place- Tips on how to create a safe space between parents and their children and the importance of a safe space.

Learning is Play- Parents and children playing together and learning new ways of healthy play.

WIC- WIC will provide an educational video on nutrition.

Dental Health is important- Knowing the importance of dental health for young children and everyone in the family.

Allen Women's Health- Educational video of Allen Women's Health choice.

Monthly online classes are for both Black Hawk and Grundy Counties. Surveys can be filled out using the link that will be posted in the comments. Surveys must be completed to receive

JOIN OUR FACEBOOK GROUP:

The Nest Program Serving Black Hawk
& Grundy Counties