



December 2024 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

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

Sun	Monday	Tuesday	WedNESTday☺	Thursday	Friday	Sat
1	2 <div style="border: 1px solid red; padding: 5px;"> Questions? Contact the Nest Coordinator: Marissa Christensen OR 319-939-6219 mchristensen@operationthreshold.org </div>	3	4 Weather Safety FB Video @12pm	5	6	7 
8	9 Putting education First 11am First United Methodist Church	10	11 Holiday Activity Fb Video @ 12pm And Dike Public Library @4:45-5:45pm	12	13	14 
15	16 	17	18 Allen Women's Health Video FB Video @12pm	19 Parent Advisory Gift Wrapping 4pm-5:30pm Operation Threshold	20	21 <div style="background-color: #4b0082; color: white; padding: 5px; text-align: center;"> Facebook Search: <i>The Nest Program</i> <i>Serving Black Hawk &</i> <i>Grundy Counties</i> </div>
22	23 Winter Family Engagement 11am First United Methodist Church	24 Office Closed	25 Office Closed	26	27	28 <div style="background-color: #4b0082; color: white; padding: 10px; text-align: center;"> **Class topics are subject to change as time goes on** Will keep you updated on the Facebook page! </div>
29	30	31				

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



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)

Weather Safety- Must know winter weather safety and tips to staying safe and must haves to keep in your car while traveling

Putting education First-Children often look forward to winter break as a time to be "free" and have fun. But as parents, you want to make sure that your child isn't sitting the entire break away by playing video games and watching television. Ways to incorporate education over winter break.

Holiday activity- Enjoy a Holiday craft you can do at home with your family.

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

Parent Advisory- Gift wrapping! This is an opportunity for you to come and give your input on our family services programs while wrapping Christmas gifts!

Winter Engagement- Being involved in education, we get a chance to see the winter season through the children's eyes. Different ways the family can engage together.

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 points. If you are not able to watch the online session live, you can still watch it during the month and fill out the survey to receive your points!

JOIN OUR FACEBOOK GROUP:

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