



March 2025 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
	Facebook Search: The Nest Program Serving Black Hawk & Grundy Counties	**Class topics are subject to change as time goes on** Will keep you updated on the Facebook page!				1
2	3	4	5 The Effects of Adverse Childhood Experiences FB Video @12pm	6	7	8
9	10 What is Child Neglect 11am @Waterloo OT	11	12 New Moms and Dads FB Video @12pm	13	14	15
16	17 	18 Craft for Family 10am @Waterloo OT Office	19 WIC Nutrition FB Video @12	20	21	22
23	24 Sleep Needs of Babies 11am @Waterloo OT Office	25	26 Allen Women's Health FB Video @12pm <hr/> Dike Public Library @4:45-5:45pm	27	28	29
30	31			<div style="border: 1px solid red; padding: 5px;"> <p>Questions? Contact the Nest Coordinator: Marissa Christensen OR 319-939-6219 mchristensen@operationthreshold.org</p> </div>		
<p>*SOME CLASSES THIS WILL BE ON FACEBOOK LIVE THROUGH OUR NEST PAGE*</p> <div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> CEDAR VALLEY'S PROMISE <small>BUILDING HEALTHY FUTURES FOR YOUNG CHILDREN</small> </div> <div style="text-align: center;"> Together Families </div> <div style="text-align: center;"> United Way <small>Cedar Valley United Way</small> Funded Partner </div> </div>						

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)

The Effects of Adverse Childhood Experiences- Learning the effects of adverse childhood experiences. Talk about how they can effect children and how to prevent them.

What is Child Neglect- Learning what child neglect is and learning how it can effect a child.

New Moms and Dads- Advice for new parents and information on being a new parent.

Craft- Come join us and enjoy making a craft with your child.

WIC- WIC will provide an educational video on nutrition.

Sleep Needs of Babies- Discussion on how much sleep do babies need in the first year of life through toddlerhood.

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

Dike Library Craft- Come join us and enjoy making a craft with your child.

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