

Caring Network Classes

January 2026

Check out the classes and dates below!

All classes require registration

Register at www.ccdok.org or use the QR Code

All classes take place on Thursdays from 1:30 - 2:30 pm

All classes are free (some classes will bill insurance)



Thursday, January 1 - No Class

Thursday, January 8 - Play Groups 0-5 years old

Thursday, January 15 - Nutrition Class
“Reading Labels”

Thursday, January 22 - Family Time
“A Movie & Cocoa”

- 1st Thursday of the Month - Budgeting Class
- 2nd Thursday of the Month - Play Groups!! Ages 0-5
- 3rd Thursday of the Month - Nutrition Class
- 4th Thursday of the Month - Family Fun time!! Join with your family and play games, do crafts, watch a movie and more!

Infant CPR class offered on the 2nd Wednesday of every month. Please register online at www.ccdok.org.

