

Caring Network Classes September 2025

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, September 4 - Budgeting Class
Now and in the Future

Thursday, September 11 - Play Groups

Thursday, September 18 - Nutrition Class
Quick and Easy Dinner Ideas

Thursday, September 25 - Family Fun Time

- ✓ **1st Thursday of the Month** - Budgeting Class
- ✓ **2nd Thursday of the Month** - Play Groups!! Ages 0-10 through August, then 0-5 beginning in September
- ✓ **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.

