



Thanks to Thrive®, I have gained more confidence in myself and in my abilities as a mom. I have gained a more in-depth outlook on how God sees me and have grown more mentally, spiritually and emotionally, and have become more intentional in making better decisions in those areas.

LARONDA, THRIVE® PARENT UNIVERSITY GRADUATE

My path to success started at Thrive®. Because of their continuous support, I was motivated to pursue my aspirations—to be a great mother and leader and to impact my community.

J.H., THRIVE® PARENT UNIVERSITY GRADUATE

CHOOSE NOW to enroll in ThriVe®'s Parent University classes and learn to be the best parent you can be!

Our approach to this 46-week program is unique because it is holistic. Classes focus on all aspects of humanity—social, physical, intellectual, emotional and spiritual.

CLASSES

- **Oh Baby!**
Prenatal/Postnatal Care
- **Let's Talk About Sex**
Healthy Relationships & Sexual Integrity
- **Smart Thinking**
Personal Goal Setting & Decision Making
- **Family Matters**
Parenting, Child Development & Discipline
- **This is Life**
Family, Housekeeping & Budgeting

Father of the baby or an active support person (minimum age 18 years old) involved in raising the child is invited and encouraged to participate with the attendee.

By attending classes, participants earn *Baby Bucks* that can be redeemed to purchase needed items for their babies—diapers, wipes, clothing, strollers, car seats, and more.

Call today for information about class times and locations:

North County 314.785.0211

St. Charles County 636.278.1212

St. Louis City 314.783.0478

**ALL SERVICES
ARE FREE AND
CONFIDENTIAL**

GUIDELINES *(subject to change)*

- Each class attendee is entitled to three to six weeks for maternity leave.
- Must not miss more than three consecutive classes to continue program.
- Can attend Parent University classes only once during a three year period.
- Can enroll if child is under six months old.

**CLASS
ENROLLMENT
FOR WOMEN
ONLY**

st. louis
thrive[®]
WOMEN'S HEALTHCARE

express

4331 lindell blvd. st. louis, mo 63108
314.783.3040 www.thrivestlouis.org