



June 2022 Nest Calendar

Operation Threshold Locations:
 *OT WLOO = Operation Threshold, 1535 Lafayette St, Waterloo
 **OT Independence = 1827 First Street W, Independence
 *OT Grundy Center = 1606 G Ave Grundy Center

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

Sun	Monday	Tuesday	WedNESTday☺	Thursday	Friday	Sat
			1 Summer Weather Safety 12pm Facebook Live	2	3	4
5	6 Facebook Search: <u>The Nest Program Serving Black Hawk, Buchanan, & Grundy Counties</u>	7	8 Facing Decisions & Challenges 12pm Facebook Live	9	10 WIC Class 10am Facebook Live	11
12	13 **Class topics are subject to change as time goes on** Will keep you updated on the Facebook page!	14	15 Importance of Dads in Children's Lives 12pm Facebook Live	16	17 Unity Point 10am First United Methodist Church	18
19	20 OFFICE CLOSED— JUNETEENTH	21	22	23	24	25
Rachel Gone for Training all Week						
26	27	28	29 Developing Empathy 12pm Facebook Live	30		

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

Questions?
 Contact the Nest Coordinator:
 Rachel Oberhauser
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 roberhauser@operationthreshold.org

Join our facebook group



The Nest Program Serving Black Hawk, Buchanan, & Grundy Counties

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)

Summer Weather Safety: This class will go over how to keep your child safe and happy in the summer months.

Facing Decisions & Challenges: Learn ways to make better decisions and discover new ways to approach life's challenges.

WIC Class: Alexis will be joining us to talk about WIC nutrition. Topics will vary each month.

Importance of Dads in Kids Lives: With Father's Day approaching, we would like to highlight how important dad's are in the lives of children.

Unity Point: Tracey from Unity Point will be presenting about breastfeeding and safe sleeping practices.

Developing Empathy: This class will go over what exactly empathy is, and how you can help your children develop it while they are young.

These online classes for the month will cover all counties (Black Hawk, Grundy, and Buchanan). Points will still be given as normal. You will need to fill out the survey that I post in the comments of the class in order to get your points. If you are not able to watch the class live, you can watch it afterwards to get points as long as you fill out the survey!

JOIN OUR FACEBOOK GROUP:

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