








# July 2023 Nest Calendar

Operation Threshold Locations:  
 \*OT WLOO = Operation Threshold, 1535  
 Lafayette St, Waterloo  
 \*OT Grundy Center = 1606 G Ave Grundy  
 Center

**\*SOME CLASSES THIS WILL BE ON FACEBOOK LIVE THROUGH OUR NEST PAGE\***

Sun	Monday	Tuesday	WedNESTday☺	Thursday	Friday	Sat
	<p>Facebook Search: <a href="#"><u>The Nest Program</u></a>  <a href="#"><u>Serving Black Hawk &amp; Grundy Counties</u></a></p>		<p><b>**Class topics are subject to change as time goes on** Will keep you updated on the Facebook page!</b></p>		<p>MON-THURS 7:30AM-6:00PM</p>	1
2	<p>3 Questions? Contact the Nest Coordinator: Marissa Christensen 319-292-1805 OR 319-939-6219 mchristensen@operationthreshold.org</p>	<p>4 OFFICE CLOSED</p> 	<p>5 Impact of Media on Adolescents FB Live @ 12pm</p>	<p>6</p> 	<p>7 OFFICE CLOSED</p>	<p>8 Felix Grundy Family Fun Fair 10am-1pm</p>
9	<p>10 Single-Parent Families 11am First United Methodist Church</p>	<p>11</p>	<p>12 Is your child Kindergarten ready FB Live @ 12pm</p>	<p>13</p>	<p>14 OFFICE CLOSED</p>	<p>15</p>
16	<p>17</p>	<p>18 Play is Learning 10am Operation Threshold in Grundy Center</p>	<p>19 WIC Nutrition Video FB Video @12pm</p>	<p>20</p>	<p>21 OFFICE CLOSED</p>	<p>22</p>
23	<p>24 Personal Reflection on Parenting 11am First United Methodist Church</p>	<p>25</p>	<p>26 Allen Women's Health Video FB Video @12pm</p>	<p>27 The Nest Program Serving Black Hawk &amp; Grundy Counties</p>	<p>28 OFFICE CLOSED</p>	<p>29</p>
30	<p>31</p>	<p>To view descriptions of classes listed above, please refer the next page.</p>				
						

## 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)

**Impact of media on Adolescents-** Since media can have a negative/positive impact on adolescents, parents have a role to play in addressing the resultant issues of media exposure on adolescents.

**Single-Parent Families–** What does a single parent home look like? What are the disadvantages of being a single parent and how to overcome these adversities.

**Is your child kindergarten ready?** Summer is here! Are you prepping your child for kindergarten? 3 topics that should be worked on this summer with your children: Independence, Social emotional and academics .

**Play is Learning-** Parents and children playing together and learning new ways of healthy play!

**WIC–** WIC will provide an educational video on nutrition.

**Personal Reflection on Parenting-** It is important for the parents to ensure that they are open-minded to their children. Therefore, it is important for the parents to ensure that they do not dictate everything to their children.

**Allen Women's Health–** Educations video of Allen Women's Health choice.

***These online classes for the month will cover all counties (Black Hawk and Grundy). 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**  
**& Grundy Counties**