



# November 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
	<div style="border: 1px solid black; padding: 5px; text-align: center;">           Facebook Search: <a href="#"><i>The Nest Program Serving Black Hawk &amp; Grundy Counties</i></a> </div>		1 <b>National Homeless Youth Awareness</b> FB Video @12pm	2	3 <b>MON-THURS</b> 7:30AM-6:00PM	4 The Nest Program Serving Black Hawk & Grundy Counties
5	6	7	8	9	10	11
<div style="border: 1px solid black; padding: 5px; text-align: center;"> <i>**Class topics are subject to change as time goes on** Will keep you updated on the Facebook page!</i> </div>			8 <b>What are you most thankful for?</b> FB Video @12pm		10 <b>OFFICE CLOSED</b>	
12	13	14	15	16	17	18
	<b>What's your favorite healthy dish?</b> 11am First United Methodist Church	<b>Play is Learning</b> 10am Operation Threshold in Grundy Center	<b>WIC Nutrition Video</b> FB Video @12pm		17 <b>OFFICE CLOSED</b>	<div style="border: 1px solid black; padding: 5px;"> <b>Join our facebook group</b>  </div>
19	20	21	22	23	24	25
			<b>Allen Women's Health Video</b> FB Video @12pm		24 <b>OFFICE CLOSED</b>	<b>25</b> Questions? Contact the Nest Coordinator: Marissa Christensen OR 319-939-6219 mchristensen@operationthreshold.org
26	27	28	29	30		
	<b>Making good decisions</b> 11am First United Methodist Church		<b>Diabetes/ Health Awareness</b> FB Video @12pm		OFFICE CLOSED	

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



## 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)

**National Homeless Youth Awareness-** National Homeless Youth Awareness Month raises awareness for children and families dealing with homelessness and educates the public on ways to help end homelessness.

**What are you most thankful for?** Being grateful allows young people to become more sensitive to others and can help overcome moments of self-doubt, insecurity and low self-esteem.

**What's your favorite healthy dish?-** Ways to cook different healthy dishes during the holidays!

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

**Parenting for healthy emotional development-** The development of emotions gives one the ability to be empathetic c to others, handle conflicts in the right wat and understand the importance of regulating emotions for both parents and children.

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

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

**Making Good Decisions-** Smoking and child heath, 12 steps to keeping children drug free, possessive and violent relationships over all good family choices.

**Diabetes/ Health Awareness-**Knowing the signs and symptoms of diabetes and when its is time to contact your doctor.

**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**