



April 2024 Nest Calendar

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

Operation Threshold Locations :

*OT WLOO = Operation Threshold, 1535 Lafayette St, Waterloo

*OT Grundy Center= 1606 G Ave Grundy Center

Sun	Monday	Tuesday	WedNESTday☺	Thursday	Friday	Sat
	1	2	3	4	5	6
<p>**Class topics are subject to change as time goes on** Will keep you updated on the Facebook page!</p>			Autism Awareness FB Video @12pm		MON-THURS 7:30AM-6:00PM	The Nest Program Serving Black Hawk & Grundy Counties
7	8 How every child can thrive by 5 11am First United Methodist Church	9	10 Alcohol Awareness FB Video @12pm	11	12 OFFICE CLOSED	13
14	15	16 Learning is Play 10am Operation Threshold in Grundy	17 WIC Nutrition FB Video @12pm	18 Parent Advisory Egg Hunt Greenhill Park @4pm-5:30pm	19 OFFICE CLOSED	20 Questions? Contact the Nest Coordinator: Marissa Christensen OR 319-939-6219 mchristensen@operationthreshold.org
21	22 Coping Skills For Kids Managing Feelings & Emotions 11am First United Methodist Church	23	24 Allen Women's Health FB Video @12pm	25	26 OFFICE CLOSED	27
28	29	30	<p>Facebook Search: <i>The Nest Program Serving Black Hawk & Grundy Counties</i></p>			



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)

Autism Awareness- raising awareness about autism spectrum disorders, what it means to be autistic, how to support autistic people, and the difficulties and discrimination that autistic people face.

How every child can thrive by 5- benefits of positive "serve and return" interactions on a child's lifelong learning, behavior and well-being. Teaching caregivers and members of the community to engage more meaningfully and often with children.

Alcohol awareness- Risks associated with alcohol consumption, promote responsible drinking habits, and support those who may be struggling with alcohol addiction.

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

WIC- WIC will provide an educational video on nutrition.

Parent Advisory- Come join us at Greenhill Park for a fun egg hunt and help give feed back on our program!

Coping Skills For Kids Managing Feelings & Emotions- Learning and teaching self regulations to young children. Teaching your children coping skills to manage feelings and emotions.

Allen Women's Health- Educational video of Allen Women's Health choice.

Monthly online classes are for both Black Hawk and Grundy Counties. Surveys can be filled out using the link that will be posted in the comments. Surveys must be completed to receive points. If you are

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[The Nest Program Serving Black Hawk
& Grundy Counties](#)