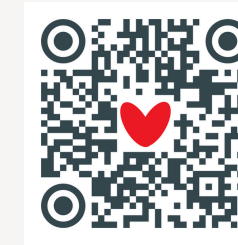


HOPE NOTES 2025



Register



Jacob's Hope is pleased to offer Hope Notes classes throughout 2025. Hope Notes may take place in-person at Jacob's Hope or online through Zoom. The five class topics can be found below

**SCAN OR CLICK TO REGISTER, OR
EMAIL INFO@JACOBSHOPEAZ.ORG**

NAS | Understanding Neonatal Abstinence Syndrome (NAS)

30-45 minutes

This class provides supportive, non-judgmental education about Neonatal Abstinence Syndrome (NAS). You'll learn how to recognize signs and symptoms, understand the Finnegan scoring system and Eat, Sleep, Console (ESC) approach, and explore comforting techniques like the 5 S's and C-hold. We'll also discuss the importance of working with your provider regarding medications.

Basic Infant Care | Caring for Your Newborn

45 minutes – 1 hour

This hands-on class walks you through essential infant care skills, including feeding, diapering, bathing, sleep routines, and soothing techniques. Learn safe milk guidelines, hygiene practices, tummy time tips, and how to create a nurturing environment that supports bonding and development.

Safety | Creating a Safe Space for Baby

45 minutes

Your baby's safety is a top priority. In this class, we cover safe sleep, car seat guidelines, preventing SIDS, babyproofing your home, choking hazards, infection control, and knowing when to call the doctor. Learn practical ways to keep your baby safe and healthy every day.

Supporting Development | Supporting Your Baby's Growth & Development

30 minutes

This class focuses on helping your baby thrive through play, routine, and loving interaction. You'll learn about developmental milestones from birth to one year, how to encourage fine and gross motor skills, and the importance of emotional bonding based on Erikson's stages of development.

DCS | Understanding the DCS Process for Substance-Exposed Newborns

45 minutes

This class is designed to help parents and caregivers of substance-exposed newborns (SEN) or infants with Neonatal Abstinence Syndrome (NAS) better understand the Arizona Department of Child Safety (DCS) process. We'll walk through what to expect during a potential investigation, review the Infant Care Plan, and explain common DCS terms in clear, supportive language. You'll also learn what DCS looks for during visits, how to build a strong care plan, and how to advocate for yourself and your baby. Our goal is to help you feel prepared, informed, and empowered—before a DCS case is ever opened.

Breastfeeding | Introduction to breastfeeding

30 minutes

This class is provided by Dr. Jennie Bever. Dr. Jennie Bever founded 4th Trimester Arizona, a nonprofit that supports the mental, emotional, and physical health of new parents. She is a lactation consultant and will share her expertise on breastfeeding and pumping in this 30 minute class!

AUGUST 2025

REGISTER



MONTHLY HOPE NOTES CLASS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	01	02
03	04	05 5:00pm Basic Infant Care	06	07 3:00pm NAS	08 10:00am Supporting Development	09
10	11	12	13 5:00pm Basic Infant Care *In- person only	14	15	16
17	18 4:00pm Safety 5:00pm Supporting Development *In- person only	19	20	21	22 10:00am DCS Readiness	23
24 31	25 5:00pm NAS	26	27	28	29	30 11:00am Basic Infant Care 12:00pm Safety

Class Topics

- NAS**
 - 30-45 minutes
 - Understanding Neonatal Abstinence Syndrome (NAS)
- Basic Infant Care**
 - 45 minutes – 1 hour
 - Caring for Your Newborn
- Safety**
 - 45 minutes
 - Creating a Safe Space for Baby
- Supporting Development**
 - 30 minutes
 - Supporting Your Baby’s Growth & Development
- **DCS Readiness**
 - 45 minutes
 - Preparing for a possible DCS investigation

Location

- In Person
- Online

SEPTEMBER 2025

REGISTER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	01	02	03	04 <u>2:00pm Development</u> <u>3:00pm DCS</u> <u>Readiness</u>	05	06 <u>11:00am NAS</u> <u>12:00pm Safety</u>
07	08	09 <u>4:00pm</u> <u>Breastfeeding</u> <u>Class by Dr.</u> <u>Jennie Bever</u>	10	11 <u>6:00pm</u> <u>Expectant</u> <u>Mothers Group</u>	12	13 <u>11:00am Basic</u> <u>Infant Care</u>
14	15	16	17	18 <u>6:00pm</u> <u>DCS Readiness</u>	19 <u>2:00pm Development</u> <u>3:00pm DCS</u> <u>Readiness</u>	20 <u>11:00am NAS</u> <u>12:00pm Safety</u>
21	22	23	24	25 <u>6:00pm</u> <u>New Mothers</u> <u>Group</u>	26	27
28	29 <u>5:00pm</u> <u>Basic Infant Care</u>	30	01	02	03	04

Class Topics

- NAS**
- 30-45 minutes
 - Understanding Neonatal Abstinence Syndrome (NAS)

- Basic Infant Care**
- 45 minutes – 1 hour
 - Caring for Your Newborn

- Safety**
- 45 minutes
 - Creating a Safe Space for Baby

- Supporting Development**
- 30 minutes
 - Supporting Your Baby’s Growth & Development

Location

- In Person
- Online