



woman's co-op

**Life Enrichment Schedule:** Winter/Spring 2025

**Registration Fee: In Person \$15.00/Course  
...Remote \$10.00/Session**

Class / Instructor	Day	Time:	Start date:	End date:
Nurturing Parent – Teresa Momenee Young <a href="mailto:teresamomenee@womanscoop.org">teresamomenee@womanscoop.org</a>	Wednesday VIRTUAL	10:00 am to noon	January 15, 2025	February 26, 2025
Nurturing Parent – Teresa Momenee Young <a href="mailto:teresamomenee@womanscoop.org">teresamomenee@womanscoop.org</a>	Wednesday	4:00 pm to 6:00pm	January 22, 2025	March 5, 2025
Nurturing Parent – Dylan Rank <a href="mailto:dylanrank@womanscoop.org">dylanrank@womanscoop.org</a>	Wednesday	1:00 pm to 3:00 pm	February 5, 2025	March 19, 2025
Nurturing Parent – Teresa Momenee Young <a href="mailto:teresamomenee@womanscoop.org">teresamomenee@womanscoop.org</a>	Wednesday	10:00 am to noon	March 5, 2025	April 9, 2025
Nurturing Parent – Teresa Momenee Young <a href="mailto:teresamonenee@womanscoop.org">teresamonenee@womanscoop.org</a>	Wednesday	1:00 pm to 3:00 pm	March 12, 2025	April 23, 2025
Nurturing Parent – Dylan Rank <a href="mailto:dylanrank@womanscoop.org">dylanrank@womanscoop.org</a>	Wednesday	4:00 pm to 6:00 pm	March 26, 2025	May 7, 2025
Keeping Families Together – Tasha Hale <a href="mailto:tashahale@womanscoop.org">tashahale@womanscoop.org</a>	Wednesday	4:00 pm to 6:00 pm	January 15, 2025	February 26, 2025



Class / Instructor	Day	Time:	Start date:	End date:
Keeping Families Together – Valerie Whitney <a href="mailto:valeriewhitney@womanscoop.org">valeriewhitney@womanscoop.org</a>	Tuesday VIRTUAL	11:00 pm to 1:00 pm	January 21, 2025	March 4, 2025
Keeping Families Together – Tasha Hale <a href="mailto:Tashahale@womanscoop.org">Tashahale@womanscoop.org</a>	Wednesday	4:00 to 6:00 pm	January 29, 2025	March 12, 2025
Keeping Families Together – Valerie Whitney <a href="mailto:valeriewhitney@womanscoop.org">valeriewhitney@womanscoop.org</a>	Tuesday	11:00 am to 1:00 pm	March 18, 2025	April 29, 2025
Resiliency – Dylan Rank- male class <a href="mailto:dylanrank@womanscoop.org">dylanrank@womanscoop.org</a>	Thursday	2:00 pm to 4:00 pm	January 16, 2025	March 27, 2025
Resiliency – Tasha Hale- Female class <a href="mailto:tashahale@womanscoop.org">tashahale@womanscoop.org</a>	Wednesday	9:00 am to 11:00 am	January 29, 2025	April 09, 2025
Family wellness-Valerie Whitney <a href="mailto:valeriewhitney@womanscoop.org">valeriewhitney@womanscoop.org</a>	Thursday	Noon to 1:00pm	January 9, 2025	March 6, 2025
Family wellness- Teresa Momenee-young <a href="mailto:teresamomenee@womascoop.org">teresamomenee@womascoop.org</a>	Thursday	2:00 pm to 3:00pm	February 16, 2025	April 16, 2025
Family wellness- Valerie Whitney <a href="mailto:valeriewhitney@womanscoop.org">valeriewhitney@womanscoop.org</a>	Thursday	Noon to 1:00pm	March 6, 2025	May 1, 2025



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Family wellness- Teresa Momenee Young <a href="mailto:Teresamomenee@womanscoop.org">Teresamomenee@womanscoop.org</a>	Wednesday	10:00am to noon	April 16, 2025	June 11, 2025