



Cheyenne and Arapaho Tribes Family Spirit Program

FALL AND WINTER CLASSES

5-7 PM

1950 S SHEPARD EL RENO, OK

August 2026

August 5- Healthy Pregnancy and
Becoming a Parent
August 19- Preparing for Baby and
Pregnancy Wellness

September 2026

September 2- Labor and Delivery
September 16- Breastfeeding and
Newborn Feeding
September 30- Newborn Care and Sleep

October 2026

October 14- Positive Parenting and
Protecting Your Baby
October 28- Infant Development and
Play

November 2026

November 10- Infant Nutrition
November 24- Oral Health

December 2026

December 9- Healthy Families
December 16- Toddler Transitions
and Potty Training
December 23- Healthy Living



For further questions, contact:

Christina Sharp (405) 206-5485

Janet Bullcoming (405) 308-5256

FSP@cheyenneandarapaho-nsn.gov



A message from the SORNA Office

For the upcoming event (Family Spirit). If you are a registered sex offender planning to attend these events, contact the Cheyenne and Arapaho Tribes SORNA Office at (405) 422-7456 or in person at the Cheyenne and Arapaho Tribes Justice Center located on 100 Black Kettle Blvd. Concho, OK 73022.