

Women's Care Center

Michigan City Center



July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8 "Secondhand Smoke & Smoking Cessation" 4:00pm	9	10
11	12 "Potty Training" 4:00pm	13 "Breastfeeding Basics" 1:00pm	14	15	16	17
18	19 "Creating Something Grand..." 1:00pm	20	21	22	23	24
25	26	27 "The No's of Pregnancy" 1:00pm	28	29	30	31

Building Block Class Guidelines:

By attending a parenting class, a client can earn up to 3 points: 1=being on time, 1=paying attention & respect of class/speaker, and 1=fully & accurately completing the class form. Class attendance allows use of spending points in the Crib Club for the following 3 months. Children are welcome, but childcare is not provided therefore it is your responsibility to care for your child during the class. To receive class credit, the class must relate to your situation. Please ask your counselor if you are unsure. Classes are held in the waiting area of the Women's Care Center. Classes are not a substitute for medical care. You should always speak with your physician before making any changes to your (or your child's) lifestyle including diet and/or exercise plan. We hope you will attend! We'd love to see you!

La Porte Center (LP)

512 Maple Ave ~ (219) 324-4646

Michigan City Center (MC)

402 W. 8th St. ~ (219) 874-4646

www.womenscarecenter.org

Hours:

Mon, Tue, & Wed 9am-5pm

Thu 11am-7pm

Upcoming Classes...

"Secondhand Smoke & Smoking Cessation" (7/8) will provide parents with knowledge on the effects of smoking during pregnancy and the effects of second-hand smoke on children. You will also be given tips on kicking this habit.

"Potty Training" (7/12) will provide parents with the basic understanding and instructions essential to potty training their child. Parents will learn the signs to watch for to see if their child is ready, as well as "tricks of the trade" to keep the training moving.

"Breastfeeding Basics" (7/13) will explain why breastfeeding is best, and prepare you for how to do it, how to manage other family members who want to be involved in feeding, as well as answer any questions that you as a mom (or dad!) may have.

"Creating Something Grand from What Is on Hand" (7/19) will give you great ideas of how to create toys and crafts from everyday household items. Activities kids will love!

Prenatal Series: "The No's of Pregnancy" (7/27) will teach you how alcohol, tobacco, and other drugs may affect your pregnancy and baby. You will also learn practical tips on harmful substances to avoid, such as certain cleaning products, chemicals, etc.

Check out our monthly class schedules on our website at www.womenscarecenter.org.

Find us on Facebook!