

# Women's Care Center

Michigan City Center



**Michigan City Center**  
 St. Anthony Hospital Medical Arts Center  
 1501 Wabash St., Ste 304 (219) 874-4646  
[www.womenscarecenter.org](http://www.womenscarecenter.org)  
**Hours:**  
 Mon, Tue, & Wed 9am-5pm  
 Thu 11am-7pm

## February 2012

| Sunday | Monday  | Tuesday                                       | Wednesday   | Thursday  | Friday | Saturday |
|--------|---|---|---|---|--------|----------|
| 29     | 30<br>"Tips for Organizing Your Home & Family"<br>1:00pm    | 31  | 1   | 2<br>Prenatal Series - Part Four: Warning Signs & Common Discomforts"<br>5:30pm | 3      | 4        |
| 5      | 6<br>"Couponing: Making the Most of Every Dollar"<br>2:00pm | 7   | 8<br>"Adventures in Parenting"<br>Support Group<br>3:30pm<br>(Sign-up Ahead)  | 9<br>Prenatal Series - Part Five: "The Big Day" (Labor & Delivery)<br>5:30pm    | 10     | 11       |
| 12     | 13  | 14  | 15  | 16<br>Prenatal Series - Part Six: "Caring for Your New Baby"<br>5:30pm          | 17     | 18       |
| 19     | 20  | 21<br>"Potty Training Your Toddler"<br>4:00pm | 22<br>"Adventures in Parenting"<br>Support Group<br>3:30pm<br>(Sign-up Ahead) | 23  | 24     | 25       |
| 26     | 27  | 28  | 29<br>"Ins & Outs of Getting Through the Month"<br>11:00am                    |   |        |          |

### Building Block Class Guidelines:

By attending a parenting class, a client may 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 current situation. Classes are not a substitute for medical care. Please speak with your physician before making any changes.

### *Winter Weather Reminders...*

Please be aware that if the weather is bad, the Center may not open until 11am or may close. If the schools are closed, please call ahead.

### *Upcoming Classes...*

**"Couponing: Making the Most of Every Dollar" (02/06)** will explain how to stretch your dollar through using coupons, sales, and price matching at local stores. Learn how you can save money on your grocery bill to apply toward other bills and expenses.

**"Potty Training Your Toddler" (02/21)** will describe the stages of development and behaviors that indicate when potty training can begin, discuss various strategies for success, and give tips on working through the challenges.

**"Ins & Outs of Getting Through the Month" (02/29)** will offer a great strategy for tracking income and expenses and help to develop the habit of recording food stamps.

### **"Adventures in Parenting" (02/08, 02/22)**

This exciting new group is for young women who are new parents and parents-to-be. Join us to meet other moms going through this transition in life, gain support, share your experience, and learn new skills. Please sign-up for this group by the Monday before group.

### **6-Part Prenatal Series Continues this Month!**

- 1) Keeping Healthy During Pregnancy (01/12)
- 2) Eating for Two (01/19)
- 3) The "No's" of Pregnancy (01/26)
- 4) Warning Signs & Common Discomforts (02/02)
- 5) The Big Day (Labor & Delivery) (02/09)
- 6) Caring for Your New Baby (02/16)

**Attend all six & you get a bonus! Your choice of (a) bassinet, (b) car seat, or (c) 25 points. Limit one per family. Miss a class? Watch for our next series starting in April!**