

Women's Care Center of Niles, Michigan



Women's Care Center of Niles
621 E. Main Street Niles, MI 49120
(269) 684-4040
www.womenscarecenter.org

Hours:
Mon, Tue, Wed, & Fri 9am-5pm
Thu 11am-7pm

July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 "Breastfeeding Basics" 2:00pm	2	3
4	5 Centers Closed	6	7 "Child Wellness" 3:30 pm	8	9	10
11	12	13	14	15 "Potty Training" 5:30pm	16	17
18	19 "Prenatal Series- The No's of Pregnancy" 12:00pm	20	21	22	23	24
25	26	27	28 "Smoking Cessation and Second-hand Smoke" 3:30 pm	29	30	31

Building Block Class Notes/Restrictions:

By attending a parenting class you can earn 3 possible points: 1=on time, 1=attention & respect of class/speaker, and 1=completing 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. 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. We hope you will attend!

Upcoming Classes...

"Breastfeeding Basics" (7/1) 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.

"Child Wellness" (7/7) will help parents understand and recognize the signs that their child is sick and needs to get to the doctor, as well as when going to the doctor is not necessary. This is a great class for both parents!

"Potty Training" (7/15) 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.

"Prenatal Series: The No's of Pregnancy" (7/19) will teach you how alcohol, tobacco, and other drugs may affect your pregnancy and baby. You will also learn practical tips on refraining from using harmful substances during pregnancy.

"Smoking Cessation and Second-hand Smoke" (7/28) 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.

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

Find us on Facebook!