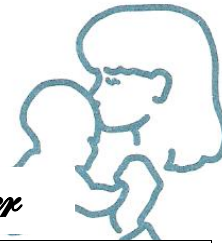


Women's Care Center

Niles Center



Women's Care Center of Niles
 621 E. Main Street (269) 684-4040
www.womenscarecenter.org
berriencountywcc@yahoo.com

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

February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 "Dental Health" 5:30 pm	3	4
5	6 "Love Languages and Children" 3:30 pm	7	8	9 "Breastfeeding Support Group" 2:00pm	10	11
12	13 "Adventures in Parenting- Support Group for Young Moms" 3:30 pm	14	15 "Prenatal Series: The Big Day" 3:30 pm	16	17	18
19	20	21	22	23 "The Love Dare" 5:30 pm	24 Center will close at 1pm for Staff Meeting	25
26	27 "Adventures in Parenting- Support Group for Young Moms" 3:30 pm	28	29	Note: In the event of severe winter weather, the Center may close or open late.		

Upcoming Classes...

"Dental Health" (2/2) will explain the importance of life-long dental hygiene, beginning with infancy! The dental hygienist will cover all aspects of dental care for the entire family, particularly children and pregnant moms.

"Love Languages and Children" (2/6) will be a continuation of January's class on this topic. This class will include creative ways to use each love language with your child(ren), and also how to use love languages in line with discipline. Even if you missed last month's class, this class will be well worth your time!

"Breastfeeding Support Group" (2/9) is our monthly interactive meeting for pregnant and breastfeeding moms to gain support. Please join us to learn more about breastfeeding. Please sign up by 2/7.

"Prenatal Series: The Big Day" (2/15) will cover labor and delivery including popular pain relief methods, both natural and medicinal. This class will also prepare you for what to expect during your recovery period and include information on postpartum care.

"The Love Dare" (2/23) is for married couples and engaged clients. This class will provide tips and practical advice on how to strengthen your marriage or start your marriage off on a strong foundation.

"Adventures in Parenting": Support Group for Young Moms (2/13, 2/27)

This exciting new group is for young women in their teens & early 20's who are experiencing their first pregnancy or beginning the new adventures that parenting brings. Join us to meet other young moms going through this transition in life, gain support, share your experience, and learn new skills.

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.