

Women's Care Center

Niles Center



May 2019

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 Healthy Pregnancy #5 "Labor and Delivery # 2" 12 PM	2 Breastfeeding #1 "Breastfeeding 101" & "Strong Fathers" 5:30 PM	3	4
5	6 "Mommy and Me" Songs & Storytime 11 AM	7 "Habits of Healthy Moms" 12 PM	8 Healthy Pregnancy #6 "Postpartum Care" 12 PM	9 "Breastfeeding #2 "Pumping and Storage" & "Strong Fathers" 5:30 PM	10	11
12	13 "Mommy & Me" Songs & Storytime 11 AM	14 "Stressed or Blessed" 12 PM	15 Newborn Care #1 "Baby Basics" 12 PM	16 Breastfeeding #3 "Q and A" & "Strong Fathers" 5:30 PM	17	18
19	20 "Mommy & Me" Songs & Storytime (Last storytime until September) 11 AM	21 "Importance of Play" 12 PM	22 Newborn Care #2 "Sleep and Soothing" 12 PM	23 "Car Seat Safety" & "Strong Fathers" 5:30 PM	24	25
26	27 OFFICE CLOSED MEMORIAL DAY	28 "Summer Fun" 12 PM	29 Newborn Care #3 "Breastfeeding Basics" 12 PM	30 "Making the Most of Your Summer" & "Strong Fathers" 5:30 PM	31	

Class Guidelines and Expectations

- Be on time to class (not more than 15 minutes early),
- Participate in class and complete class form/notes
- Participants receive 1 coupon and a bundle of 10 diapers.
- Clients who are more than 10 minutes may receive reduced incentives.
- Supervised playroom available for toddlers and preschoolers; please do not leave your child unattended while in center.
- Classes are not a substitute for medical care.

Niles Center

621 E. Main St. Niles, MI (269) 684-4040

berriencountywcc@yahoo.com

Classes & Updates:

womenscarecenter.org/locations/niles

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

Six-Part Healthy Pregnancy Series:

- 1) You and Your Pregnancy
- 2) Prenatal Care
- 3) Healthy Habits
- 4) Labor and Delivery Part 1
- 5) Labor and Delivery Part 2
- 6) Postpartum Care

Six-Part Newborn Care Series:

- 1) Baby Basics
- 2) Sleep & Soothing
- 3) Breastfeeding Basics
- 4) Bottle Feeding & Beyond
- 5) Safety Issues for New Parents
- 6) Your Baby's 1st Year of Development

BONUS: Attend all 12 classes within your pregnancy to receive a **bonus item of your choice:** Infant car seat; bassinet; portable baby swing or chair top high chair. Limit 1 per family.

Sibling Class for Big Brothers and Sisters:

This one on one class is designed for your child(ren) ages 3 through 12. One of our counselors will meet with you and your child to learn and discuss the fun, joy and work that a new sibling brings! Please call us to schedule.

MOMS on the MOVE: This June, July and August

Mom of babies, toddlers and moms to be! Come join us on Mondays at 11 am for fun, exercise and conversations. We will gather at the center and walk in nearby neighborhood. Bring stroller or carrier for your child.