



Family Workshops

May 2019

Class Topics:	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Your Child's Temperament</u> <i>El Temperamento de tu Hijo</i>	April 29 •1:00 pm Chapin •5:00pm ND Ave •6:00pm ND Ave <u>Strong Fathers</u> •6:00pm ND Ave	April 30 <u>Mommy & Me Storytime</u> <i>For Parents & Their Children</i> •10:00 ND Ave <u>Nutrition Class</u> •5:00 pm Mishawaka •6:00 pm Mishawaka	1 •10 am Mishawaka Español: •5:30pm ND Ave •6:30pm ND Ave	2 •11:00 Ironwood <u>Newborn Class</u> •1 pm Chapin <u>1st Time Moms-to-be</u> •1:00 Ironwood <u>Nutrition Class</u> •1:00pm ND Ave	3 Español: <u>Clase de Nutrición</u> •10:30am Chapin •11:30am Chapin
<u>Habits of Happy Moms</u> <i>Habitos de Mamás Felices</i>	6 •1:00 pm Chapin •5:00pm ND Ave •6:00pm ND Ave <u>Strong Fathers</u> •6:00pm ND Ave	7 <u>Mommy & Me Storytime</u> <i>For Parents & Their Children</i> •10:00 ND Ave <u>Nutrition Class</u> •5:00 pm Mishawaka •6:00 pm Mishawaka	8 •10 am Mishawaka Español: •5:30pm ND Ave •6:30pm ND Ave	9 •11:00 Ironwood <u>New! Moms on the Move</u> <i>A fitness group for expectant mothers</i> •10:00am ND Ave <u>Newborn Class</u> •1 pm Chapin <u>1st Time Moms-to-be</u> •1:00 Ironwood <u>Nutrition Class</u> •1:00pm NDA	10 Español: <u>Clase de Nutrición</u> •10:30am Chapin •11:30am Chapin
<u>Stressed or Blessed</u> <i>Estresado o Bendecido</i>	13 •1:00 pm Chapin •5:00pm ND Ave •6:00pm ND Ave <u>Strong Fathers</u> •6:00pm ND Ave	14 <u>Mommy & Me Storytime</u> <i>For Parents & Their Children</i> •10:00 ND Ave <u>Nutrition Class</u> •5:00 pm Mishawaka •6:00 pm Mishawaka	15 •10 am Mishawaka Español: •5:30pm ND Ave •6:30pm ND Ave	16 •11:00 Ironwood <u>New! Moms on the Move</u> <i>A fitness group for expectant mothers</i> •10:00am ND Ave <u>Newborn Class</u> •1 pm Chapin <u>1st Time Moms-to-be</u> •1:00 Ironwood <u>Nutrition Class</u> •1:00pm NDA	17 Español: <u>Clase de Nutrición</u> •10:30am Chapin •11:30am Chapin
<u>Importance of Playing</u> <i>La Importancia de Jugar</i>	20 •1:00 pm Chapin •5:00pm ND Ave •6:00pm ND Ave <u>Strong Fathers</u> •6:00pm ND Ave	21 <u>Mommy & Me Storytime</u> <i>For Parents & Their Children</i> •10:00 ND Ave <u>Nutrition Class</u> •5:00 pm Mishawaka •6:00 pm Mishawaka	22 •10 am Mishawaka Español: •5:30pm ND Ave •6:30pm ND Ave	23 •11:00 Ironwood <u>New! Moms on the Move</u> <i>A fitness group for expectant mothers</i> •10:00am ND Ave <u>Newborn Class</u> •1 pm Chapin <u>1st Time Moms-to-be</u> •1:00 Ironwood <u>Nutrition Class</u> •1:00pm NDA	24 Español: <u>Clase de Nutrición</u> •10:30am Chapin •11:30am Chapin
<u>Summer Fun</u> <i>Un Verano Divertido</i>	27 Memorial Day Offices Closed No Classes Oficinas Cerradas No Hay Clases	28 <u>Mommy & Me Storytime</u> <i>For Parents & Their Children</i> •10:00 ND Ave <u>Nutrition Class</u> •5:00 pm Mishawaka •6:00 pm Mishawaka	29 1 •10 am Mishawaka Español: •5:30pm ND Ave •6:30pm ND Ave	30 •11:00 Ironwood <u>New! Moms on the Move</u> <i>A fitness group for expectant mothers</i> •10:00am ND Ave <u>Newborn Class</u> •1 pm Chapin <u>1st Time Moms-to-be</u> •1:00 Ironwood <u>Nutrition Class</u> •1:00pm NDA	31 Español: <u>Clase de Nutrición</u> •10:30am Chapin •11:30am Chapin

www.womenscarecenter.org

234 Chapin St., South Bend (234-0403)..... **Crib Club Store Hours: M, Th, 2:00-3:00pm, F: 12:00-1:00pm**

607 Lincolnway West, Mishawaka (252-3680).....**Crib Club Store Hours: W: 11:00am-2:00pm**

360 N. Notre Dame Ave., South Bend (234-0363)..... **Crib Club Store Hours M: 5:30-6:30pm and W: 5:00-5:30pm**

1635 N. Ironwood. South Bend (273-8986)..... **Crib Club Store Hours Th: 12:00-1:00pm**

Class topics subject to change. Mothers and fathers may attend one "regular" class per week and as many "special" classes (i.e. Newborn Class, 1st Time Moms, etc) as they like/qualify for as many weeks as they like. Each parent earns diapers and a Crib Club Coupon for each class they attend.

Support persons who are not parents of a child under the age of 5 must receive permission of the Class Coordinator to receive incentives.