

Class Schedule



September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>NO CLASS due to Labor Day</p>	<p>3</p> <p>Clase de Crianza -Diana 11am-12pm (Virtual clase, en español)</p>	<p>4</p>	<p>5</p> <p>*Parenting Goals & Roadblocks -Stephanie (in-person) **1:00 pm & 5:30pm *Mommy and Me -Haylee 5:30-6:30pm (in-person)</p>	<p>6</p> <p>Clase de Crianza -Diana 11am-12pm (Presencial, en español)</p>
<p>9</p> <p>*Hormones & Postpartum -Jenny 5:30-6:30pm (Zoom Class) *Postpartum -Stephanie 5:30-6:30pm (in-person) *Manners & Comm. Skills -Chris (in-person) 5:30-6:30pm</p>	<p>10</p> <p>Clase de Nutrición -Wanda 11am-12pm (Virtual clase, en español)</p>	<p>11</p>	<p>12</p> <p>NO CLASS Office closed for fundraising event</p>	<p>13</p> <p>Clase de Crianza -Diana 11am-12pm (Presencial, en español)</p>
<p>16</p> <p>*Mental Health (Part 1) -Dave 5:30-6:30pm (Zoom Class) *Labor & Delivery w/ L&D Nurse -Jeanne 5:30-6:30pm (in-person) *No Strong Fathers class</p>	<p>17</p> <p>Clase de Crianza -Thelma 11am-12pm (Virtual clase, en español)</p>	<p>18</p>	<p>19</p> <p>*1 pm Nutrition -Brenda *5:30 pm Return to Fertility after Birth -Dr. Kay (in-person) Mommy and Me -Haylee 5:30-6:30pm (in-person)</p>	<p>20</p> <p>Mamá y Yo (es necesario registrarse) -Diana 11am-12pm (Presencial, en español)</p>
<p>23</p> <p>*Mental Health (Part 2) -Dave 5:30-6:30pm (Zoom Class) *Breastfeeding Basics -Rachel 5:30-6:30pm (in-person) *Peaceful Families -Scott (in-person) 5:30-6:30pm</p>	<p>24</p> <p>Presentador Invitado 11am-12pm (Virtual clase, en español)</p>	<p>25</p>	<p>26</p> <p>*1 pm Nutrition -Brenda (in-person) *5:30 pm Starting Solids -Rachel (in-person) Mommy and Me -Haylee 5:30-6:30pm (in-person)</p>	<p>27</p> <p>Clase de Crianza -Diana 11am-12pm (Presencial, en español)</p>
<p>30</p> <p>*Developing Values in Children -Bob 5:30-6:30pm (Zoom Class) *Art Therapy -Stephanie 5:30-6:30 p.m. (in-person) *Kind Kids -Keith (in-person) 5:30-6:30pm</p>				<p>Color code: Blue = Strong Families Purple = Strong Fathers Green = Español</p>

Women's Care Center Class System

Option 1

Attend a Parenting Class via **Zoom**

- Call 317-829-6800 to sign up to receive a Zoom link by email. Save the email because the link will work every week.
- One support person over the age of 18 can attend class with you and will receive coupons.
- Your video must be on throughout class to receive coupons.
- Earn 1 coupon per class and an additional 1 coupon if a support person attends class with you.
- Clients may attend as many classes throughout the week as they like but will only receive coupons for 1 class.
- When you enter class, put your name in the chat box for attendance.

Option 2

Attend an **In-Person** Class

- No appointment is necessary for these.
- Show up and be a part of a group discussion on pregnancy and parenting topics.
- Earn 2 coupons per class and an additional 2 coupons if a support person attends class with you.
- Attend 10 In Person classes and earn a free car seat!!
- Clients may attend as many classes throughout the week as they like but will only receive coupons for 1 class.

Option 3

Watch **In-Person** Videos

- Choose from a variety of videos which include: Pregnancy, Childbirth, Breastfeeding, and Parenting Skills.
- Must make an appointment to reserve a room to watch videos. Call 317-829-6800 to schedule.
- One support person over the age of 18 can attend with you and receive additional coupons.
- Earn 1 coupon per session, and additional 1 coupon with support.

Crib Club- The Crib Club is the baby store located at the Women's Care Center. Schedule an appointment at 317-829-6800 to use your coupons to buy items like: cribs, car seats, clothing, strollers and more!