



# Women's Care Center Niles

## April 2025

Sun	Mon	Tues	Wed	Thursday	Fri	Sat
		1 <b>Movers &amp; Shakers: Mommy &amp; Me Music</b> 10:00am <i>For parents &amp; children ages 0-3</i>	2	3 <b>Pregnancy &amp; Newborn Care Class</b> 11:30am Bottle Feeding & Beyond <b>Double Diapers!</b>	4 <b>Walking Group</b> 1:00pm	5
6	7 Parenting Class <b>Spring Swap!</b> 12:00pm	8 <b>Movers &amp; Shakers: Mommy &amp; Me Music</b> 10:00am <i>For parents &amp; children ages 0-3</i>  <b>Car Seat Fitting</b> 10:00am-2:00pm Appointments Required	9	10 <b>Pregnancy &amp; Newborn Care Class</b> 11:30am Safety Issues for New Parents <b>Double Diapers!</b>	11 <b>Walking Group</b> 1:00pm	12
13	14 Parenting Class 12:00pm	15 <b>Movers &amp; Shakers: Mommy &amp; Me Music</b> 10:00am <i>For parents &amp; children ages 0-3</i>	16	17 <b>Pregnancy &amp; Newborn Care Class</b> 11:30am Your Baby's 1 <sup>st</sup> Year of Development <b>Double Diapers!</b>	18 <b>Office Closed</b>	19
20	21 Parenting Class 12:00pm	22 <b>Movers &amp; Shakers: Mommy &amp; Me Music</b> 10:00am <i>For parents &amp; children ages 0-3</i>	23	24 <b>Pregnancy &amp; Newborn Care Class</b> 11:30am Wrap Up Session <b>Double Diapers!</b>	25 <b>Walking Group</b> 1:00pm	26
27	28 Parenting Class 12:00pm	29	30			

### In-Person Class Guidelines

- Be on time to class but not more than 15 minutes early.
- Participate in class and complete class form/notes.
- Participants receive 1 coupon and a bundle of 10 diapers.
- Classes are not a substitute for medical care.
- Childcare is limited, please ask for details.
- Class size is limited and available on a first come, first serve basis.
- Do not bring sick children or come if you are sick.

### Niles Center

621 E. Main St. Niles, MI

(269) 684-4040

berriencountywcc@gmail.com

### Classes & Updates:

womenscarecenter.org/locations/niles

### Hours:

Mon, Tue, Wed, & Fri: 9am-5pm

Thursday: 11am-7pm

### Prenatal & Newborn Care Series

*Must be currently pregnant or have a baby younger than 6 weeks old to attend.*

#### 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 1<sup>st</sup> Year of Development
- 7) Wrap Up Session

**BONUS:** Attend 12 out of 13 classes within your pregnancy to receive a **bonus item of your choice:** Infant car seat or pack n play Limit 1 per family.

### Strong Fathers Program

Thursday 5:30pm & 6:15pm

Sign up after Monday classes or call to register!