



Women's Care Center Niles

May 2024

Sun	Mon	Tues	Wed	Thursday	Fri	Sat
			1	2 Zoom Prenatal/Newborn Series Labor & Delivery Part 2 11:30am	3	4
5	6 Mother's Day Craft 12:00pm <i>Double Diapers</i>	7	8	9 Zoom Prenatal/Newborn Series Postpartum Care 11:30am	10	11
12	13 How To Encourage Kids 12:00pm <i>Double Diapers!</i>	14 Car Seat Fitting 10:00am-2:00pm Appointments Required	15	16 Zoom Prenatal/Newborn Series Breastfeeding Basics 11:30am	17	18
19	20 Blended Families 12:00pm <i>Double Diapers!</i>	21	22	23 Zoom Prenatal/Newborn Series Bottle Feeding & Pumping Basics 11:30am	24	25
26	27 Office Closed	28	29	30 Zoom Prenatal/Newborn Series Safety Issues for Newborns 11:30am	31	

Walking Group
Tuesdays 1:00pm
Sign up after Monday classes or call to register!

Strong Fathers Program
Thursday 5:30pm & 6:15pm
Sign up after Monday classes or call to register!

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
Thursday: 11am-7pm

12 week Zoom Prenatal & Newborn Care Series

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 space saver high chair. Limit 1 per family.

Go to Zoom.US, click: "Join a Meeting"

ZOOM Meeting ID 310 858 5869, Password: WCC

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.