



# August 2025

MON	TUE	WED	THUR	FRI
				1
4	5	6 <b>Basic Emotional Needs</b> - Guest speaker Nicky <b>11:00</b> (Fargo) <i>(In-Person &amp; Zoom)</i>	7	8
11	12	13 <b>Sleep Routines</b> <b>11:00</b> (Fargo) <i>(In-Person &amp; Zoom)</i>	14	15
18	19	20 <b>Cooking with Arlan</b> <b>11:00</b> (Fargo) <i>(No Zoom)</i>	21	22
25	26	27 <b>Newborn Baby Topic</b> (Guest speaker Sara) <b>11:00</b> (Fargo) <i>(In-Person &amp; Zoom)</i>	28	29

Future Parenting Class Schedules at: <http://www.womenscarecenter.org/fargo-north-dakota>

### Fargo Moorhead Women's Care Center Locations:

#### FARGO:

103 N. University Drive  
Fargo, North Dakota 58102  
(701) 237-6530

#### MOORHEAD:

220 Highway 75 N  
Moorhead, Minnesota 56560  
(218) 512-0453

### WCC In-Person Parenting Class Guidelines:

- Classes begin at 11 am. Arrive between 10:45 – 11:00 am, no sooner please.
- Earn 1 coupon and 10 diapers for in-person. Your support person also earns 1 coupon and 10 diapers for you. You can only earn 1 coupon / 10 diapers per week.
- If you are more than 10 minutes late or leave early, feel free to join us, but incentives will not be provided.
- Topic should be applicable to your current life circumstances.
- One support person, approved by staff, may attend class with you.

### Zoom / Video Guidelines

- Arrive to zoom classes on time or 15 minutes early.
- Have your **video on**. **We must see your face and you must participate to receive coupons/ diapers.**
- **Audio muted** until you wish to talk to help reduce background noise.
- Make sure your full **name appears on the screen**. If not, no coupons can be given out.
  - To edit name after joining:
    1. Click on "Participants"
    2. Hover over your name and click on "More"
    3. Choose "Rename" and type your first and last name.
    4. If you are a guest, to receive coupons/ diapers, you MUST include baby's mom's name in parentheses. For example: John Smith (Maria Smith)
- Log into class from a distraction free environment, dressed comfortably and appropriately for class.
- Earn 1 coupon and 10 diapers for Zoom. Support person also earns 1 coupon and 10 diapers.

### Fargo and Moorhead ZOOM Class Login Info:

#### Zoom Classes:

Zoom Meeting ID: 896 2200 0834

**Password: 691430**



Scan to join by Zoom