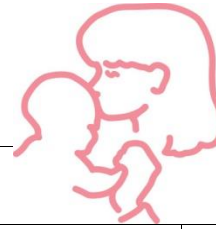


# Women's Care Center

La Porte



512 Maple Avenue, (219) 324-4646  
[laportecountywcc@yahoo.com](mailto:laportecountywcc@yahoo.com)  
 Find a schedule at [womenscarecenter.org](http://womenscarecenter.org)  
 Hours: Mon. Tue. Wed. & Fri 9am-5pm. Thu 11am-7pm

April 2024

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 "Raising Resilient Kids" 1:00 pm & 3:00 pm	2 "Nutrition Class" 11:00 am	3	4 Your Newborn & Understanding Postpartum 1:00 pm & 5:00 pm	5 "Toddle Time Story Time" 10:30 am	6
7	8 "How to Encourage" 1:00 pm & 3:00 pm	9 "Raising Kids with Character" #3 "Peace" 11:00 am	10	11 "Newborn Traits & Behaviors" 1:00 pm & 5:00 pm	12 "Toddle Time Story Time" 10:30 am	13
14	15 "Development 4-5 Years" 1:00 pm & 3:00 pm	16 "Nutrition Class" 11:00 am  "Breastfeeding Basics" 1:00 pm	17	18 "Crying, Comforting & Feeding" 1:00 pm  "Strong Fathers" & "Self-care for moms" 5:30 pm	19 "Toddle Time Story Time" 10:30 am	20
21	22 "Baby Sign Language" 1:00 pm & 3:00 pm	23 "Raising Kids with Character" Session #4 "Kindness" 11:00 am	24	25 "Diapering, Bathing, Nail Care & Dressing" 1:00 pm & 5:00 pm	26 "Toddle Time Story Time" 10:30 am	27
28	29 "Nurturing Bath Time Routines" 1:00 pm & 3:00 pm	30 "Nutrition Class" 11:00 am				

## Prenatal and Newborn Series (TWO TIME OPTIONS)

- 1.) Fetal Development & Prenatal Care
- 2.) Nutrition & Exercise
- 3.) Pregnancy Discomforts & Hazards
- 4.) Understanding Emotions & Preparing for Birth
- 5.) Breastfeeding Basics
- 6.) Understanding Labor
- 7.) Comfort Techniques & Medical Procedures
- 8.) Your Newborn & Understanding Postpartum
- 9.) Newborn Traits & Behaviors
- 10.) Crying, Comforting & Feeding
- 11.) Diapering, Bathing, Nail Care & Dressing
- 12.) Newborn Health & Safety

*Besides earning a coupon and diapers each class, attend all 12 classes within your pregnancy to receive a bonus item of your choice: Portable swing, portable highchair, bassinet.*

### General Parenting Classes

Meet with other parents who share your challenges as we learn about and discuss a variety of parenting topics.

### Parenting Class Bonus

Attend 9 classes within 3 months and earn a bonus item!

### "Strong Fathers"

Join our new series for fathers only as we explore the important role you play in the lives of your children.

### "Self-Care During Pregnancy"

Moms are welcome to join us in class at the same time.

### "Nutrition Class"

Join Jody from Purdue Extension

Start with a few small steps, and you'll be eating better, creating more meaningful family time, and moving more before you know it! A small kitchen incentive will be earned!

### "Toddle Time – Story Time"

Parents and little ones, (Ages 0 - 4-year-old) are invited to join for interactive time of stories, rhymes, and songs to encourage early literacy.

### Raising Kids with Character

This program consists of 6 sessions: honesty, respect, peace, kindness, creativity, and hopefulness.

You will receive a coupon and 1 bundle of diapers for each class attended.

Classes are not a substitute for medical care.

### Class Guidelines:

- Class must relate to your current situation.
- Clients who are more than 10 minutes late receive no incentives but are welcome to stop for information.