



# January 2026

Fargo & Moorhead Parenting Classes  
Please Join us!

MON	TUE	WED	THUR	FRI
			1 No class – Office Closed	2 Office Closed
5 moms pregnant to 3 month-old babies	6 Fargo Class ~ 2-3 PM (In-person and Zoom) Baby Bump Class: Preterm	7 *Fargo Class 11:00 AM (In-Person & Zoom) Resolutions	8 Moorhead Class – 11:00 AM (In-Person Only): Resolutions	9
12	13 Fargo Class 2-3 PM (In-person and Zoom) Baby Bump Class: Your Story	14 *Fargo Class 11 AM (In-Person Only) Cooking with Arlan	15 Moorhead Class – 11 AM (In-Person Only) Baby Bump: Your Story	16
19	20 Fargo Class 2-3 PM (In-person and Zoom) Baby Bump Class: Second Trimester	21 *Fargo Class 11:00 AM (In-Person & Zoom) Alternatives to Spanking	22 Moorhead Class – 11 AM (In-Person Only) (In-Person Only) Alternatives to Spanking	23
26	27 Fargo Class 2-3 PM (In-person and Zoom) Baby Bump Class: Bottles & Formula	28 *Fargo Class 11:00 AM (In-Person & Zoom) Your Parenting Style	29 Moorhead Class – 11 AM (In-Person Only) Baby Bump: Bottles & Formula	30

\*Childcare is ONLY currently available on **Wednesdays** (Birth -5 years of age) in Fargo.

Babies, who can be held in your lap are welcome at any class, Fargo or Moorhead. You may come to more than one class, but only **ONE COUPON** can be earned per person, per week and class must be relevant to your child's age.

## FM 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 on Wednesdays & Thursdays, depending on the location. Arrive between 10:45 - 11:00 am, no sooner please. Tuesday classes start at 2 pm, arrival 1:45 pm – 2 pm.
- 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.
- \*For Moorhead classes: to help us best plan for childcare helpers, please register for childcare with Wendy: [wendy@wccnd.com](mailto:wendy@wccnd.com) or 701.532.1535

## Zoom / Video Guidelines:

- Arrive to zoom classes on time or 15 minutes early.
- Have your **video on**. We must see your face to earn coupons. You must **participate** to receive coupon/ diaper.
- **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.

## For all Fargo & Moorhead ZOOM Parenting Class Login Info:

Zoom Meeting ID: 896 2200 0834

Password: 691430



Scan to join by Zoom