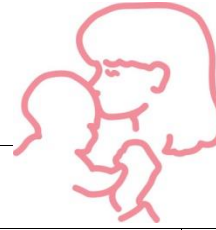


Women's Care Center

La Porte



June 2023

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 "Pregnancy Discomforts & Hazards" 1:00 pm & 5:00 pm	2	3
4	5 "Summer Fun & Safety" 1:00 pm	6 "Toddle Time" 11:00 am	7	8 "Understanding Emotions & Preparing for Birth" 1:00 pm & 5:00 pm	9	10
11	12 "Importance of Play" 1:00 pm	13 "Toddle Time" 11:00 am	14	15 "Breastfeeding Basics" 1:00 pm & 5:00 pm	16 "Self-Care Class" 12:00 pm	17
18	19 "Power of Routine" 1:00 pm	20 "Toddle Time" 11:00 am "Breastfeeding Basics" 1:00 pm	21	22 "Understanding Labor" 1:00 & 5:00 pm	23	24
25	26 "Who's Watching Your Child" 1:00 pm	27 "Toddle Time" 11:00 am	28	29 "Comfort Techniques & Medical Procedures" 1:00 pm & 5:00 pm	30 "Music Class" 12:00 pm	

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

- 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: infant car seat, 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!

"Toddle 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.

"Self-Care Class"
 Self-care is what helps you manage the day-to-day stress so that it doesn't build up. We'll provide materials for an activity that can relax and provide stress relief.

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.