



# February 2026

**Fargo & Moorhead Parenting Classes**  
Please Join us!

| MON | TUE  | WED   | THUR  | FRI |
|-----|--|---|---|-----|
|     | Bump-to-Baby classes,<br>for moms pregnant to<br>six-month-old babies:<br>↓                      | Wednesday classes<br>In-Person and Zoom,<br>unless guest speaker.<br>↓                        |   |     |
| 2   | 3<br>Fargo Class 2-3 PM<br>(In-Person & Zoom)<br>Bump-to-Baby Class:<br>Overview: Labor-Delivery | 4<br>Fargo Class – 11 AM<br>(In-Person & Zoom)<br>Guest Speaker: Nicky<br>(Movement & Nature) | 5<br>Moorhead Class-<br>11 AM (In-Person Only)<br>Bump-to-Baby Class:<br>Overview: Labor-Delivery | 6   |
| 9   | 10<br>Fargo Class 2-3 PM<br>(In-Person & Zoom)<br>Bump-to-Baby Class:<br>Feelings & Worries      | 11<br>Fargo Class – 11 AM<br>(In-Person & Zoom)<br>Regular Parenting:<br>Love Languages       | 12<br>Moorhead Class –<br>11 AM (In-Person Only)<br>Regular Parenting:<br>Love Languages          | 13  |
| 16  | 17<br>Fargo Class 2-3 PM<br>(In-Person & Zoom)<br>Bump-to-Baby Class:<br>Third Trimester         | 18<br>Fargo Class - 11 AM<br>(In-Person Only)<br>Regular Parenting:<br>Arlan Cooking Class    | 19<br>Moorhead Class –<br>11 AM (In-Person Only)<br>Bump-to-Baby Class:<br>Third Trimester        | 20  |
| 23  | 24<br>Fargo Class 2-3 PM<br>(In-Person & Zoom)<br>Bump-to-Baby Class:<br>Introducing Solids      | 25<br>Fargo Class – 11 AM<br>(In-Person & Zoom)<br>Regular Parenting:<br>Kids and Anger       | 26<br>Moorhead Class –<br>11 AM (In-Person Only)<br>Regular Parenting:<br>Kids and Anger          | 27  |

\*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. A parent can attend up to two classes per week and earn coupons and diapers for **both**. (**But only if the class subject pertains to them!**) For example, an expecting mom could attend a Bump-to-Baby class and a Regular Parenting class and earn credits for both.

## 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:

- Wednesdays & Thursdays, classes begin at 11 am, 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.
- Tuesday classes in Fargo are 2 pm – 3 pm, with no childcare offered.
- Earn 1 coupon and 10 diapers for in-person. Your support person also earns 1 coupon and 10 diapers for you.
- If you are more than 10 minutes late or leave early, feel free to join us, but incentives will not be provided.
- Topic must 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 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 (support for 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.

## Login for all Tuesday Only, 2-3 PM, Fargo, ZOOM Parenting Classes:

**Zoom Meeting ID: 843 3610 9493**

**Password: 691430**

## Login info for all Wednesday, 11 am – Noon, Fargo ZOOM Parenting Classes:

**Zoom Meeting ID: 896 2200 0834**

**Password: 691430**

