



# February 2026

Fargo & Moorhead Parenting Classes  
Please Join us!

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

