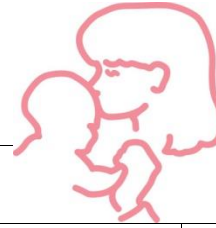


Women's Care Center

La Porte



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

September 2024

| Sun | Monday | Tuesday | Wednesday | Thursday | Friday | Sat |
|-----|--|--|-----------|---|---|-----|
| 1 | 2 CENTER CLOSED | 3 "Nutrition Class" 11:00 am | 4 | 5 "Breastfeeding Basics" 1:00 pm & 5:00 pm | 6 "Toddle Time Story Time" 10:30 am | 7 |
| 8 | 9 "Ready to Learn" 1:00 pm | 10 "Summer kids craft" 1:00 pm | 11 | 12 "Understanding Labor" 1:00 pm & 5:00 pm | 13 "Toddle Time Story Time" 10:30 am | 14 |
| 15 | 16 "Alternatives to Spanking" 1:00 pm | 17 "Nutrition Class" 11:00 am "Breastfeeding Support Group" 1:00 pm | 18 | 19 "Understanding Labor" 1:00 pm "Strong Fathers" & "Strong Moms" 5:30 pm | 20 "Toddle Time Story Time" 10:30 am | 21 |
| 22 | 23 "Your Parenting Style" 1:00 pm | 24 "Breastfeeding Basics" 1:00 pm | 25 | 26 "Comfort Techniques & Medical Procedures" 1:00 pm & 5:00 pm | 27 "Toddle Time Story Time" 10:30 am | 28 |
| 29 | 30 "Power of Routine" 1:00 pm | | | | | |

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.

"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.

"Breastfeeding Support Group"

Join a Franciscan lactation nurse in a peer-led breastfeeding support group and playgroup. Meet up with mothers at the same stage, share advice, and socialize.

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 stay for information.