



# Women's Care Center Niles

## April 2024

Sun	Mon	Tues	Wed	Thursday	Fri	Sat
	1 Home Safety <b>12:00pm</b> Double Diapers	2	3	4 <b>Zoom Prenatal/Newborn Series</b> You & Your Pregnancy <b>11:30am</b>	5	6
7	8 Developmental Milestones: 4-5 years <b>12:00pm</b> Double Diapers!	9 <b>Car Seat Fitting</b> <b>10:00am-2:00pm</b> Appointments Required	10	11 <b>Zoom Prenatal/Newborn Series</b> Prenatal Care <b>11:30am</b>	12	13
14	15 Healthy Eating <b>12:00pm</b> Double Diapers!	16	17	18 <b>Zoom Prenatal/Newborn Series</b> Healthy Habits <b>11:30am</b>	19	20
21	22 Early Brain Development <b>12:00pm</b> Double Diapers!	23	24	25 <b>Zoom Prenatal/Newborn Series</b> Labor and Delivery Part I <b>11:30am</b>	26	27
28	29 Introducing Solids <b>12:00pm</b> Double Diapers!	30				

### Strong Fathers Program Thursday Evenings

**5:30pm & 6:15pm**

Sign up after Monday classes or call to reserve your seat!

### Niles Center

621 E. Main St. Niles, MI  
(269) 684-4040

berriencountywcc@yahoo.com

### Classes & Updates:

womenscarecenter.org/locations/niles

### Hours:

Mon, Tue, Wed, & Fri: 9am-5pm  
Thursday: 11am-7pm

## 12 week Zoom Prenatal & Newborn Care Series

### Six-Part Healthy Pregnancy Series:

- 1) You and Your Pregnancy
- 2) Prenatal Care
- 3) Healthy Habits
- 4) Labor and Delivery Part 1
- 5) Labor and Delivery Part 2
- 6) Postpartum Care

### Six-Part Newborn Care Series:

- 1) Baby Basics
- 2) Sleep & Soothing
- 3) Breastfeeding Basics
- 4) Bottle Feeding & Beyond
- 5) Safety Issues for New Parents
- 6) Your Baby's 1<sup>st</sup> Year of Development

**BONUS:** Attend all 12 classes within your pregnancy to receive a **bonus item of your choice:** Infant car seat; bassinet; portable baby swing or space saver high chair. Limit 1 per family.

Go to Zoom.US, click: "Join a Meeting"

**ZOOM Meeting ID 310 858 5869, Password: WCC**

### In-Person Class Guidelines

- Be on time to class but not more than 15 minutes early.
- Participate in class and complete class form/notes.
- Participants receive 1 coupon and a bundle of 10 diapers.
- Classes are not a substitute for medical care.
- Childcare is limited, please ask for details.
- Class size is limited and available on a first come, first serve basis.
- Do not bring sick children or come if you are sick.