



Family Workshops February 2026



Monday	Tuesday	Wednesday	Thursday	Friday
<u>Storytime - Español</u> <i>For Parents & Their Children</i> •10:00 am West South Bend on LincolnWay	<u>Storytime</u> <i>For Parents & Their Children</i> •10:00 - Notre Dame Ave	<u>Mommy & Me Music</u> <i>Non-walking babies only</i> <i>Parent participation expected</i> •10:00 am West South Bend on LincolnWay	<u>Movers & Shakers Music</u> <i>For Parents & Their Children</i> •10:00am – Mishawaka	<u>Movers & Shakers Music Time</u> <i>For Parents & Their Children</i> •10:00am West South Bend on LincolnWay
<u>Clase de Nutrición</u> •12:00 pm - Mishawaka	<u>Del Embarazo al Bebé</u> •11:00am West South Bend on Lincolnway	<u>Parenting Class</u> •11:00 am Mishawaka	<u>Bump-to-Baby</u> •10:30 am West South Bend	<u>Neuvo Español: Habla con tu bebé</u> •10:00am -Notre Dame Ave Serie de 7 semanas 6/2-13/3 Solo para participantes por primera vez
<u>Clases para Padres</u> •1:00pm - Mishawaka	<u>Breastfeeding</u> •12:00pm West South Bend on LincolnWay <i>For moms currently expecting or with babies up to 6 months</i>	<u>Bump-to-Baby</u> •12:00pm Mishawaka	<u>New! Breastfeeding</u> •11:30am – Mishawaka For expecting moms or with babies up to 6 months old	<u>New! Breastfeeding</u> •11:00am-Notre Dame Ave <i>For moms currently expecting or with babies up to 6 months</i>
<u>Parenting Class</u> •1:00pm West South Bend on LincolnWay	<u>New! Talk With Your Baby</u> •1:00 pm Mishawaka 7 week series – Feb 3 – Mar 10 <i>1st Time Participants only</i>	<u>Clases para Padres</u> •6:00pm - Notre Dame Ave	<u>Nutrition Class</u> •1:00pm Notre Dame Ave	<u>Clase de Nutrición</u> •11:30 am West South Bend on LincolnWay
<u>Parenting Class</u> •5:00pm – Notre Dame Ave •6:00pm – Notre Dame Ave	<u>Nutrition Class</u> •6:00pm Mishawaka	<u>Fortaleciendo a los Padres</u> •6:00pm - Notre Dame Ave	<u>1st Time Moms-to-Be</u> •1:00pm Mishawaka	<u>Cuidado Prenatal</u> •1:00pm Mishawaka
		<u>Strong Fathers</u> •6:00pm – Mishawaka	<u>Lactancia materna</u> •2:00pm Mishawaka	<u>Mama por primera vez</u> •2:00pm - Mishawaka
		<u>Strong Moms</u> •6:00pm – Mishawaka	<u>Del Embarazo al Bebé</u> •3:00pm Mishawaka	
			<u>Bump-to-Baby</u> •5:00pm Notre Dame Ave	
			<u>Strong Fathers</u> •6:00pm Notre Dame Ave.	

Parenting Class Topics:

Feb 2-6: Love Languages • Lenguajes del amor
 Feb 9-13: Valentine's Day Fun • Diversion de San Valentin
 Feb 16-20: Trouble Sleeping • Problemas para dormir
 Feb 23-27: Kids & Anger • Los niños y la ira
 March 2-6: Parenting Challenges • Desafíos de la crianza de los hijos

Check out our new Breastfeeding Classes !

Thursdays, 11:30 at our Mishawaka Center
 Fridays, 11:00am at our Notre Dame Ave. Center

Nutrition • Nutrición

Feb 2-6: Iron • Hierro
 Feb 9-13: Buying in Season • Comprar productos de temporada
 Feb 16-20: Valentine Fun • Diversion de San Valentin
 Feb 23-27: Recipe Day • Dia de la receta
 March 2-6: Meal Planning • Planificacion de comidas

Bump-To-Baby • Del Embarazo al Bebé

For parents currently expecting or with babies up to 6 months old
Para padres que están esperando un bebé o que tienen bebés de hasta 6 meses de edad.
 Feb 2-6: Labor & Delivery • Trabajo de parto el parto
 Feb 9-13: Feelings and Worries • Sentimientos y preocupaciones
 Feb 16-20: Third Trimester • Tercer trimestre
 Feb 23-27: Introducing Solids • Introducción de alimentos sólidos
 March 2-6: Prenatal Care • Atención prenatal

360 N. Notre Dame Ave., South Bend	•	574-234-0363	•	Crib Club Store Hours:	T: 11:00am-12:00pm Th: 2:00-3:00pm
3530 Lincoln Way West, South Bend	•	574-234-0403	•	Crib Club Store Hours:	M, Th, 2:00-3:00pm, F: 12:00-1:00pm
605 Lincolnway East, Mishawaka	•	574-252-3680	•	Crib Club Store Hours:	W: 11:00am-2:00pm

www.womenscarecenter.org

Class availability and topics subject to change. Mothers and fathers may attend one “regular” class per week and as many “special” classes (i.e. Newborn Class, 1st Time Moms, etc) as they like/qualify for as many weeks as they like. Each parent earns diapers and a Crib Club Coupon for each class they attend. **Support persons who are not parents of a child under the age of 5 must receive permission of the Class Coordinator to receive incentives**