

Class Schedule



April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 *Children's Play - Dave 5:30-6:30pm (Zoom Class)</p> <p>*Postpartum - Stephanie 5:30-6:30pm (In person)</p> <p>*Strong Fathers (In Person) 5:30-6:30pm</p>	<p>2 Clase de Crianza Diana 11am-12pm (Virtual clase)</p>	<p>3</p>	<p>4 Habits of Happy Moms Stephanie (In Person class) **Offered at 1:00 pm And 5:30pm</p>	<p>5 Clase de Crianza 11am-12pm (Presencial, en espanol)</p>
<p>8 *Setting Limits - Dave 5:30-6:30pm (Zoom Class)</p> <p>*Breastfeeding - Rachel 5:30-6:30pm (In person)</p> <p>*Strong Fathers (In Person) 5:30-6:30pm</p>	<p>9 Clase de Nutrición Wanda 11am-12pm (Virtual clase)</p>	<p>10</p>	<p>11 Nurturing Sleep Stephanie (In Person class) **Offered at 1:00 pm And 5:30pm</p>	<p>12 Clase de Crianza 11am-12pm (Presencial, en espanol)</p>
<p>15 *Time Management - Bob 5:30-6:30pm (Zoom Class)</p> <p>*Breastfeeding - Rachel 5:30-6:30pm (In person)</p> <p>*Strong Fathers (In Person) 5:30-6:30pm</p>	<p>16 Clase de Crianza Thelma 11am-12pm (Virtual clase)</p>	<p>17</p>	<p>18 Nutrition Class (In Person class) **Offered at 1:00 pm And parenting class at 5:30pm</p>	<p>19 Clase de Crianza 11am-12pm (Presencial, en espanol)</p>
<p>22 * Infant Safety - Jenny 5:30-6:30pm (Zoom Class)</p> <p>Nutrition & Healing Foods 5:30-6:30pm (In person)</p> <p>*Strong Fathers (In Person) 5:30-6:30pm</p>	<p>23 Presentador Invitado 11am-12pm (Virtual clase)</p>	<p>24</p>	<p>25 Art Therapy Stephanie (In Person class) **Offered at 1:00 pm And 5:30pm</p>	<p>26 Clase de Crianza 11am-12pm (Presencial, en espanol)</p>
<p>29 * Gratitude - Jenny 5:30-6:30pm (Zoom Class)</p> <p>*Birth Prep - Art 5:30-6:30pm (In person)</p> <p>*Strong Fathers (In Person) 5:30-6:30pm</p>	<p>30 Intercambio de Información (Angela) 11am-12pm (Virtual clase)</p>			

Women's Care Center Class System

Option 1

Attend a Parenting Class via **Zoom**

- Call 317-829-6800 to sign up to receive a Zoom link by email. Save the email because the link will work every week.
- One support person over the age of 18 can attend class with you and will receive coupons
- Your video must be on during class to receive coupons
- Earn 2 coupons per class and an additional 2 coupons if a support person attends class with you
- Clients may attend as many classes throughout the week as they like, but will only receive coupons for 1 class
- When you enter class, put your name in the chat box for attendance

Option 2

Attend an **In Person** Class

- No appointment necessary
- Show up and be a part of a group discussion on pregnancy and parenting topics
- Earn 2 coupons per class and an additional 2 coupons if a support person attends class with you
- Attend 10 In Person classes and earn a free car seat!!
- Clients may attend as many classes throughout the week as they like, but will only receive coupons for 1 class

Option 3

Watch In-Person Videos

- Choose from a variety of videos which include: Pregnancy, Childbirth, Breastfeeding, and Parenting Skills
- Must make an appt to reserve a room to watch videos. Call to schedule.
- One support person over the age of 18 can attend with you and receive additional coupons.
- Earn 2 coupons per session, and additional 2 coupons with support

Crib Club- The Crib Club is the baby store located at The Women's Care Center. Schedule an appointment to use your coupons to buy items like: Cribs, Car Seats, Clothing, Strollers and more!