



Family Workshops April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Storytime - Español</u> For Parents & Their Children •10:00 am West South Bend on LincolnWay <u>Parenting Class</u> •1:00pm West South Bend on LincolnWay <u>Español: Talk With Your Baby</u> •2:00 pm West South Bend on LincolnWay <u>Parenting Class</u> •5:00pm – Notre Dame Ave •6:00pm – Notre Dame Ave	<u>Storytime</u> For Parents & Their Children •10:00 - Notre Dame Ave <u>NEW! Community Resource Series</u> •12:00 - Notre Dame Ave Learn about community resources, services, and more! A different St. Joe County agency for the next 8 weeks. Apr 1: St. Joseph County Library Apr 8: Robinson Center Apr 15: Healthy Families Apr 22: CareSource <u>Breastfeeding</u> •12:00pm West South Bend on LincolnWay For moms currently expecting or with babies up to 6 months old <u>Nutrition Class</u> •6:00pm Mishawaka	<u>Mommy & Me Music</u> Non-walking babies only Parent participation expected •10:00 am West South Bend on LincolnWay <u>Parenting Class</u> •11:00 am Mishawaka <u>Clases para Padres</u> •6:00pm - Notre Dame Ave <u>Fortaleciendo a los Padres</u> •6:00pm - Notre Dame Ave <u>Strong Fathers</u> •6:00pm - Mishawaka	<u>Movers & Shakers Music Time</u> For Parents & Their Children •10:00am - Mishawaka <u>Newborn Class</u> •10:30 am West South Bend on LincolnWay <u>Nutrition Class</u> •1:00pm - Notre Dame Ave. <u>1st Time Moms-to-Be</u> •2:00pm West South Bend on LincolnWay <u>Cuidado del Recién Nacido</u> •3:00pm West South Bend on LincolnWay <u>Bumpology 101</u> •5:00pm - Notre Dame Ave <u>Strong Fathers</u> •6:00pm - Notre Dame Ave.	<u>Movers & Shakers Music Time</u> For Parents & Their Children •10:00am West South Bend on LincolnWay <u>Clase de Nutrición</u> •11:30 am West South Bend on LincolnWay <u>Cuidado Prenatal</u> •1:00pm Mishawaka <u>Criar niños con carácter</u> •2:00 pm Mishawaka Serie de 6 semanas Esta clase termina el 4 de abril.



Easter Bunny Day

Tuesday April 15 2:00-5:00 at West South Bend
 Sign up after our other classes to come make craft, hunt for eggs and take pictures with our bunnies!

First Time Mom Classes

Thursdays 2:00 at West South Bend
 Learn and share with other moms. Eligible moms who attend 12 or more 1st Time Moms classes earn a free car seat or pack n play

Parenting Class Topics:

Mar 31-Apr 4: Manners & Conversation • Modales y habilidades de conversación
 Apr 7-11: Your Toddler's Sweet Tooth • El gusto por lo dulce
 Apr 14-18: Parenting Traps • Trampas para padres
 Apr 21-25: Setting Limits • Establecer límites
 Apr 28-2: Your Child's Temperment • El temperamento de su hijo
 May 5-8: Meal Planning • Planificación de comidas

Friday, April 18
Offices Closed, No Classes
Oficinas Cerradas, No Hay Clases

Bumpology 101

Thursdays 5:00pm on Notre Dame Ave.
 This 13 week series about pregnancy is open to moms and dads. Bonus items will be offered at each class!

April 3 Trimester Development
 April 10: Healthy Pregnancy
 April 17: Labor & Delivery
 April 24: Feeding
 May 1: Breastfeeding

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**