



September 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Labor Day WCC Closed	3	4 Parenting Class •2:00pm Bumpology 101 •4:00pm	5	6	7
8	9 Parenting Class •10:00am Nutrition Class •12:00pm	10	11 Parenting Class •2:00pm Bumpology 101 •4:00pm	12	13	14
15	16 Parenting Class •10:00am Nutrition Class •12:00pm	17	18 Parenting Class •2:00pm Bumpology 101 •4:00pm	19	20	21 10:00-10:45 Move it Mommy
22	23 Parenting Class •10:00am Nutrition Class •12:00pm	24	25 Parenting Class •2:00pm Bumpology 101 •4:00pm	26	27	28
29	30 Parenting Class •10:00am Nutrition Class •12:00pm					

CLASS TOPICS

- 9/4-** 2:00 Power of Routine
4:00 Bumpology Week 7

- 9/9-** 10:00 Ready to Learn
12:00 Nutrition-All About Water

- 9/11-** 2:00 Ready to Learn
4:00 Bumpology Week 8

- 9/16-** 10:00 Ready to Learn
12:00 Nutrition-Family Meals

- 9/18-** 2:00 Ready to Learn
4:00 Bumpology Week 9

- 9/21 -** 10-10:45 “Move it Mommy Class”

- 9/23-** 10:00 Alternatives to Spanking
12:00 Nutrition-Family Meals

- 9/25-** 2:00 Alternative to Spanking
4:00 Bumpology Week 10

- 9/30-** 10:00 Self Care
12:00 Nutrition-Eating Slowly

NOTES

Women's Care Center

1212 N. LaSalle Dr. • Chicago, IL 60610 Second Floor (312) 381-8180
 Mon, Tues, Thurs, Fri. 8 am – 5 pm; Wed. 8 am – 7 pm Sat. 9 am – 1 pm
 Shop our Crib Club Store!
 Open after all classes or by appointment.

Class topics are subject to change. Mother and Father of the baby are welcomed to attend one “regular” class per week and as many “special” classes (if offered – i.e. Bumpology, Nutrition) 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.