

# FEBRUARY 2026



## Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Parenting 1-2 pm Crochet 2-3 pm Classes held in big conference room	4 Story Time Play date 1-2 pm Bump to Baby 3:30-4:30 pm Crib Club open 2-3:30 pm	5 Nutrition 1-2 pm Crib Club open 2-3 pm	6
9 First Time Moms 3:30-4:30 pm	10 Parenting 1-2 pm Crochet 2-3 pm Classes held in big conference room	11 Story Time Play date 1-2 pm Bump to Baby 3:30-4:30 pm Crib Club open 2-3:30 pm	12 Galentines Day Party 1-2:30 pm Crib Club open 2:30-3 pm	13
16	17 Parenting 1-2 pm Crochet 2-3 pm Classes held in big conference room	18 Story Time Play date 1-2 pm Bump to Baby 3:30-4:30 pm Crib Club open 2-3:30 pm	19 Nutrition 1-2 pm Crib Club open 2-3 pm	20
23 First Time Moms 3:30-4:30 pm	24 Parenting 1-2 pm Crochet 2-3 pm Classes held in big conference room	25 Story Time Play date 1-2 pm Bump to Baby 3:30-4:30 pm Crib Club open 2-3:30 pm	26 Nutrition 1-2 pm Crib Club open 2-3 pm	27

### Reminder:

No appointment necessary to attend

If you are late to class by 15 minutes or more, coupons and incentives will not be given

Coupons will be given at the end of class

We cannot hold items. We are on a first come, first serve basis

We do not do any exchanges, once you get items from Crib Club, they cannot be returned or exchanged

We ask that all cell phones be silenced and put aside during class

Topic should be applicable to your current life circumstances



### Attend In-Person Classes

No appointment is necessary for these. Show up and be a part of a group discussion on pregnancy and parenting topics. Earn 1 coupon & 10 diapers per class and an additional 1 coupon and 10 diapers if a support person attends class with you. Support person must be at least 18 years old and be approved by Staff. Clients may attend as many classes throughout the week as they like but they must fit life circumstances to receive coupons or incentives

**Crib Club-** The Crib Club is the baby store located at the Women's Care Center. Schedule an appointment at 763-208-0076 to use your coupons to buy items like: car seats, clothing, strollers, and more!

#### Story Time Play Date:

This is for parents and children 0-5 years old. Each class will include a fun theme and new stories

#### WCC Parenting:

This class is for anyone who is pregnant and/or has young children

Class will be held in the conference room to the left, on the main level as you walk into center building

#### First Time Mom's Class:

This class is for Women who are expecting and those who have Newborn-6 month old babies

This class is designed to give you the knowledge, skills and community that you need as a first time mom

#### Bump to Baby:

This class series will cover topics on prenatal and newborn care. It is specifically designed for pregnant moms and moms of babies up to 6 months old (and their support persons). Preparing for baby's arrival and caring for baby

Topics for classes include: 1-3 Trimesters, Preterm labor, Feelings & Worries, Labor & Delivery, Newborn Basic Care, Feeding Baby, Basic Care, Sleeping & Crying, Health & Safety, Playing & Bonding

To attend you must be pregnant or have an infant 6 months or less

#### Nutrition:

Class series on: Reading nutrition labels, Different milks, introducing solids, portion distortion, Importance of eating slowly, and managing a sweet tooth

This class is for anyone who is pregnant and/or has children

#### Crocheting:

Come for a relaxed time with other moms to learn how to crochet. Supplies will be provided.

Class will be held in the conference room to the left, on the main level as you walk into center building