



# Family Workshops May 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>Storytime - Español</u></b> For Parents & Their Children •10:00 am West South Bend on LincolnWay	<b><u>Storytime</u></b> For Parents & Their Children •10:00 - Notre Dame Ave  <b><u>NEW! Community Resource Series</u></b> •12:00 - Notre Dame Ave Learn about community resources, services, and more! May 6: St. Joe County Library- Resumes & Resources May 13: Smoke Free St. Joe- Smoking Cessation May 20: U of ND- What You Need to Know About Lead May 27: Happy Wholesome Living  <b><u>Breastfeeding</u></b> •12:00pm West South Bend on LincolnWay For moms currently expecting or with babies up to 6 months old  <b><u>Nutrition Class</u></b> •6:00pm Mishawaka	<b><u>Mommy &amp; Me Music</u></b> Non-walking babies only Parent participation expected •10:00 am West South Bend on LincolnWay  <b><u>Parenting Class</u></b> •11:00 am Mishawaka  <b><u>Clases para Padres</u></b> •6:00pm - Notre Dame Ave  <b><u>Fortaleciendo a los Padres</u></b> •6:00pm - Notre Dame Ave  <b><u>Strong Fathers</u></b> •6:00pm - Mishawaka	<b><u>Movers &amp; Shakers Music Time</u></b> For Parents & Their Children •10:00am - Mishawaka  <b><u>Newborn Class</u></b> •10:30 am West South Bend on LincolnWay  <b><u>Nutrition Class</u></b> •1:00pm - Notre Dame Ave.  <b><u>1st Time Moms-to-Be</u></b> •2:00pm West South Bend on LincolnWay  <b><u>Cuidado del Recién Nacido</u></b> •3:00pm West South Bend on LincolnWay  <b><u>Bumpology 101</u></b> •5:00pm - Notre Dame Ave  <b><u>Strong Fathers</u></b> •6:00pm - Notre Dame Ave.	<b><u>Movers &amp; Shakers Music Time</u></b> For Parents & Their Children •10:00am West South Bend on LincolnWay  <b><u>Clase de Nutrición</u></b> •11:30 am West South Bend on LincolnWay  <b><u>Cuidado Prenatal</u></b> •1:00pm Mishawaka



## Mother's Day Week

Celebrate with a special treat for moms at our classes this week!

### 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:

Apr 28-2: Your Child's Temperment • El temperamento de su hijo  
 May 5-8: Meal Planning • Planificación de comidas  
 May 12-16: A Class for Us • El Club de Padres  
 May 19-23: Traits of Strong Families • Rasgos de las familias fuertes  
 May 26-30: Bonding with Baby • Vinculación con el bebé  
 June 2-6: Summer Fun & Safety • Diversión y seguridad en verano

### 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!

May 1: Breastfeeding  
 May 8: Welcome Home Baby  
 May 15: Postpartum Care  
 May 22: Feeding Baby  
 May 29: Basic Care  
 June 5: Sleeping & Crying

### Nutrition Topics:

May 1 Exercise  
 May 8 Antioxidants  
 May 15 What are Chicken Nuggets?  
 May 22 Fiber  
 May 29 Recipe Day  
 June 5 Vitamin Breakdown

### Temas de nutrición

28/4 & 2/5: ejercicio  
 5/5 & 9/5: antioxidantes  
 12/5 & 16/5: ¿Nuggets de pollo?  
 19/5 & 23/5: fibra  
 26/5: No hay clase 30/5: día de recetas  
 2/6 & 6/6: vitamina

**Monday May 26**  
**Offices Closed, No Classes**  
**Oficinas Cerradas, No Hay Clases**

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