



# Family Workshops June 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Storytime - Español</b> For Parents &amp; Their Children •10:00 am West South Bend on LincolnWay</p> <p><b>Parenting Class</b> •1:00pm - <b>Zoom</b> See below for QR code &amp; log in info. <b>-Participants receive Coupon only.</b> -Must pick up coupon at West South Bend center on LincolnWay <b>-Class in person beginning July 3</b></p> <p><b>Parenting Class</b> •5:30pm – Notre Dame Ave</p>	<p><b>Walking Group</b> For Parents &amp; Their Children •10:00 - Notre Dame Ave.</p> <p><b>Nutrition Class</b> •6:00pm - <b>Zoom</b> -See below for QR code &amp; log in info . <b>-Participants receive Coupon only.</b> -Must pick up coupon at Mishawaka center during Crib Club hours or by appointment <b>-Class in person beginning July 11</b></p>	<p><b>Walking Group</b> •11 am Mishawaka</p> <p><b>*TIME CHANGE*</b> <b>Mommy &amp; Me Music</b> For Babies 0-12 months, Prewalkers •1:00 pm West South Bend on LincolnWay</p> <p><b>Clases para Padres</b> •6:00pm - Notre Dame Ave</p> <p><b>Fortaleciendo a los Padres</b> •6:00pm - Notre Dame Ave</p>	<p><b>Newborn Class</b> •10:00 am West South Bend on LincolnWay</p> <p><b>1<sup>st</sup> Time Moms-to-Be</b> •2:00 West South Bend on LincolnWay</p> <p><b>Nutrition Class</b> •1:00pm - Notre Dame Ave</p> <p><b>Cuidado del Recien Nacido</b> •4:00pm West South Bend on LincolnWay</p> <p><b>Strong Fathers</b> •6:00pm - Notre Dame Ave.</p>	<p><b>Movers &amp; Shakers Music Time</b> For Parents &amp; Their Children •10:00am West South Bend on LincolnWay</p> <p><b>Español: Clase de Nutrición</b> •11:30 am West South Bend on LincolnWay</p> <p><b>Cuidado Prenatal</b> •1:00pm Mishawaka</p>

**Monday July 3 & Tuesday July 4  
Offices Closed, No Classes ~ Oficinas Cerradas, No Hay Clases**

**Parenting Class Topics:**

- May 29-June 2: Time Management • Planificación del Tiempo
- June 5-9: Summer Fun & Safety • Diversión y seguridad en Verano
- June 12-16: Importance of Play • La importancia del juego
- June 19-23: Power of Routine • El poder de la rutina
- June 26-30: Who's Watching Your Child • Quién está cuidando a su hijo

**Summer Walking Groups**

**Remember to bring:**

- Water
- Sunscreen
- Appropriate strollers or baby carriers for your children



**First Time Mom Classes**

An intimate setting where you can 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!

**Zoom Classes Log On**



www.zoom.us  
Meeting ID: 759 1481 4992  
Passcode: wcc

Camera must be on and you must be visible.  
No driving during class.

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  
 607 Lincolnway West, Mishawaka • 574-252-3680 • Crib Club Store Hours: **W:** 11:00am-2:00pm  
[www.womenscarecenter.org](http://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, 1<sup>st</sup> 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**