



September 2025

**Fargo & Moorhead Parenting Class
Schedule – Join us!**

MON	TUE	WED	THUR	FRI
1 Office Closed – Labor Day	2	3 No Class at Fargo	4 Moorhead Parenting Class - Open House 11 am – 1 pm Come Check us out! (Coupons and diapers will be given out & light refreshments will be served)	5
8	9	10 Fargo Class - Handling Tantrums 11 am (In-Person & Zoom)	11 Moorhead Class 11 am (In-Person Only) Karen - "Newborn Care Q & A Session"	12
15	16	17 Fargo Class - Cooking with Arlan 11 am (In-Person Only)	18 Moorhead Class Respectful Kids 11 am (In-Person & Zoom)	19
22	23	24 Fargo Class – Bottle & Breast Feeding (Guest Speaker: Sara) 11 am (In-Person & Zoom)	25 No Class at Moorhead	26
29	30			

*Please note new class day and location options have started in September 2025!
Each month the calendar will specify what classes are being offered. You may attend either location or Zoom, if offered.
Coupons & diapers are given out at both locations and for Zoom classes.*

FM Women's Care Center Locations:

FARGO:
103 N. University Drive
Fargo, North Dakota 58102
(701) 237-6530

MOORHEAD:
220 Highway 75 N
Moorhead, Minnesota 56560
(218) 512-0453

WCC In-Person Parenting Class Guidelines:

- Classes begin at 11 am on Wednesdays and Thursdays, depending on location. Arrive between 10:45 – 11:00 am, no sooner please.
- Earn 1 coupon and 10 diapers for in-person. Your support person also earns 1 coupon and 10 diapers for you. You can only earn 1 coupon / 10 diapers per week.
- If you are more than 10 minutes late or leave early, feel free to join us, but incentives will not be provided.
- Topic should be applicable to your current life circumstances.
- One support person, approved by staff, may attend class with you.

Zoom / Video Guidelines

- Arrive to zoom classes on time or 15 minutes early.
- Have your **video on**. We must see your face to earn coupons. You must **participate** to receive coupon/diaper.
- **Audio muted** until you wish to talk to help reduce background noise.
- Make sure your full **name appears on the screen**. If not, no coupons can be given out.
 - To edit name after joining:
 1. Click on "Participants"
 2. Hover over your name and click on "More"
 3. Choose "Rename" and type your first and last name.
 4. If you are a guest, to receive coupons/ diapers, you **MUST** include baby's mom's name in parentheses. For example: John Smith (Maria Smith)
- Log into class from a distraction free environment, dressed comfortably and appropriately for class.
- Earn 1 coupon and 10 diapers for Zoom. Support person also earns 1 coupon and 10 diapers.

Fargo & Moorhead ZOOM Class Login Info:

Wednesday & Thursday Zoom Classes:

Zoom Meeting ID: 896 2200 0834

Password: 691430



Scan to join by Zoom