

Class Schedule



August 2025

Monday	Tuesday	Wed.	Thursday	Friday
COLOR CODE: Purple = Strong Families Light blue = Birth Prep Green = Español	<i>Note: the <u>underlined</u> classes are ones that you can earn bonus coupons at even if you attend another class that week! For other classes, you may attend multiple times but will only earn coupons once a week.</i>			1 *Clase de Crianza Jacqueline 11 am-12 pm (presencial, en español)
4 *Discussion Group -Haylee 1-2 pm (in-person) *Childhood Illnesses Hannah 5:30-6:30 pm (Zoom) *Labor & Delivery Interventions -Steph 5:30-6:30 pm (in-person)	5 *Clase de Crianza Anahi 11 am-12 pm (virtual clase, en español) *Strong Fathers 7-8 pm (Zoom)	6 *Nutrition Wanda 11 am-12 pm (in-person)	7 *Parenting Goals & Road Blocks -Stephanie **1:00 pm & 5:30 pm (in-person) *Mommy and Me -Haylee 5:30-6:30 pm (newborns-5 years, in-person)	8 *Clase de Crianza Jacqueline 11 am-12 pm (presencial, en español)
11 *Discussion Group -Haylee 1-2 pm (in-person) *Communication -Bob 5:30-6:30 pm (Zoom) *Newborn Care -Stephanie 5:30-6:30 pm (in-person)	12 *Clase de Nutrición -Wanda 11 am-12 pm (virtual clase, en español) *Strong Fathers 7-8 pm (Zoom)	13 *Raising Kids with Character Haylee 11 am-12 pm (in-person)	14 *Summer Safety -Steph **1:00 pm & 5:30 pm (in-person) *Mommy and Me -Haylee 5:30-6:30 pm (newborns-5 years, in-person)	15 *Clase de Crianza Jacqueline 11 am-12 pm (Presencial, en español)
18 *Discussion Group -Haylee 1-2 pm (in-person) *Anger & Conflict Management -Bob 5:30-6:30 pm (Zoom) *Postpartum Care -Stephanie 5:30-6:30 pm (in-person)	19 *Clase de Crianza -Thelma 11 am-12 pm (virtual clase, en español) *Strong Fathers 7-8 pm (Zoom)	20 *Nutrition Wanda 11 am-12 pm (in-person)	21 *Who Is Watching Your Child? -Stephanie 1-2 pm *Ice Cream Social -Stephanie & Haylee 5:30 p.m. at Holiday Park (RSVP required)	22 *Clase de Crianza Jacqueline 11 am-12 pm (presencial, en español)
25 *Discussion Group -Haylee 1-2 pm (in-person) *The Power of Words -Dave 5:30-6:30 pm (Zoom) *Breastfeeding: Goals/Benefits -Steph 5:30-6:30 pm (in-person)	26 *Presentador Invitado 11 am-12 pm (virtual clase, en español) *Strong Fathers 7-8 pm (Zoom)	27 *Raising Kids with Character Haylee 11 am-12 pm (in-person)	28 *Anger Management -Stephanie **1:00 pm & 5:30pm (in-person) *Mommy and Me -Haylee 5:30-6:30 pm (newborns-5 years, in-person)	29 *Clase de Nutrición -Wanda 11 am-12 pm (presencial, en español)

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Women's Care Center Class System

Option 1

Attend a Parenting Class via **Zoom**

- Call 317-829-6800 or email indianapolis.wcc@gmail.com to sign up to receive a Zoom link by email. Save the email because the link will work every week.
- One support person over the age of 18 can attend class with you and will receive coupons.
- Your video must be on throughout class to receive coupons.
- Earn 1 coupon per class and an additional 1 coupon if a support person attends class with you.
- Clients may attend as many classes throughout the week as they like but will only receive coupons for 1 class.
- When you enter class, put your name in the chat box for attendance.

Option 2

Attend an **In-Person** Class

- No appointment is necessary for these.
- Show up and be a part of a group discussion on pregnancy and parenting topics.
- Earn 2 coupons per class and an additional 2 coupons if a support person attends class with you.
- Clients may attend as many classes throughout the week as they like but will only receive coupons for 1 class.

Option 3

Watch **In-Person** Videos

- Choose from a variety of videos which include: Pregnancy, Childbirth, Breastfeeding, and Parenting Skills.
- Must make an appointment to reserve a room to watch videos. Call 317-829-6800 to schedule.
- One support person over the age of 18 can attend with you and receive additional coupons.
- Earn 2 coupons per session, and 2 additional coupons with support.
- No coupons will be earned from videos if you also attend a live class the same week.

Crib Club- The Crib Club is the baby store located at the Women's Care Center. Schedule an appointment at 317-829-6800 to use your coupons to buy items like: cribs, car seats, clothing, strollers, and more!