

# Class Schedule



# April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <i>Clase de Crianza</i> -Diana 11am-12pm (Virtual clase, en español)	<b>2</b>	<b>3</b> <i>*Healthy Boundaries</i> -Steph **1:00 pm & 5:30pm (in-person) *Mommy and Me -Haylee 5:30-6:30pm (newborns through 5 years, in-person)	<b>4</b> <i>Clase de Crianza</i> -Diana 11am-12pm (Presencial, en español)
<b>7</b> <i>*Mental Health Pre/Post-Birth (part 1)</i> -Dave 5:30-6:30pm (Zoom Class) *Postpartum Care -Stephanie 5:30-6:30pm (in-person)	<b>8</b> <i>Clase de Nutrición</i> -Wanda 11am-12pm (Virtual clase, en español)	<b>9</b>	<b>10</b> <i>*Introducing Solids</i> -Stephanie **1:00 pm & 5:30pm (in-person) *Mommy and Me -Haylee 5:30-6:30pm (newborns through 5 years, in-person)	<b>11</b> <i>Clase de Crianza</i> -Diana 11am-12pm (Presencial, en español)
<b>14</b> <i>*Mental Health Pre/Post-Birth (part 2)</i> -Dave 5:30-6:30pm (Zoom Class) *3-6 Months -Stephanie 5:30-6:30pm (in-person)	<b>15</b> <i>Clase de Crianza</i> -Thelma 11am-12pm (Virtual clase, en español)	<b>16</b>	<b>17</b> <i>*Positive Parenting</i> -Stephanie **1:00 pm & 5:30pm (in-person) *Mommy and Me -Haylee 5:30-6:30pm (newborns through 5 years, in-person)	<b>18</b> <i>Clase de Crianza</i> -Diana 11am-12pm (Presencial, en español)
<b>21</b> <i>*Infant Safety</i> -Jenny 5:30-6:30pm (Zoom Class) *6-9 Months -Stephanie 5:30-6:30pm (in-person)	<b>22</b> <i>Presentador Invitado</i> 11am-12pm (Virtual clase, en español)	<b>23</b>	<b>24</b> <i>*Growing a Garden</i> -Stephanie **1:00 pm & 5:30pm (in-person) *Mommy and Me -Haylee 5:30-6:30pm (newborns through 5 years, in-person)	<b>25</b> <i>Clase de Nutrición</i> -Wanda 11am-12pm (Presencial, en español)
<b>28</b> <i>*Time Management</i> -Bob 5:30-6:30pm (Zoom Class) *9-12 Months -Stephanie 5:30-6:30pm (in-person)	<b>29</b> <i>Intercambio de Informacion</i> -Angela 11am-12pm (Virtual clase, en español)	<b>30</b>	<b>COLOR CODE:</b> Purple = Strong Families Green = Español Pink = Mommy & Me Blue = Birth Prep	

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## Women's Care Center Class System

### Option 1

#### Attend a Parenting Class via **Zoom**

- Call 317-829-6800 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.

**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!