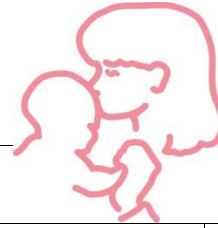


Women's Care Center

Michigan City



732 Wabash Street (219) 874-4646
laportecountywcc@yahoo.com
 Find a schedule at womenscarecenter.org
 Hours: Mon, Tue, Wed, & Fri 9am-5pm, Thu 11am-7pm

April 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1	2 "Raising Kids with Character" Session # 3 "Peace" 11:00 am	3 "Toddle Time Story Time" 10:30 am	4 "Nutrition & Exercise" 5:00 pm	5 "Pregnancy Discomforts & Hazards" 11:00 am "Raising Resilient Kids" 3:30 pm	6
7	8	9 "Nutrition Class" 11:00 am	10 "Toddle Time Story Time" 10:30 am	11	12 "Understanding Emotions & Preparing for Birth" 11:00 am "How to Encourage" 1:00 pm	13
14	15 "Breastfeeding Basics" 1:00 pm	16 "Raising Kids with Character" Session #4 "Kindness" 11:00 am	17 "Toddle Time Story Time" 10:30 am	18 "Pregnancy Discomforts & Hazards" 5:00 pm	19 "Strong Fathers" & "Self-Care for moms" 11:00 am "Developmental 4-5 Years" 1:00 pm	20
21	22	23 "Nutrition Class" 11:00 am	24 "Toddle Time Story Time" 10:30 am	25	26 "Breastfeeding Basics" 11:00 am "Baby Sign Language" 1:00 pm	27
28	29	30 "Raising Kids with Character" Session #5 "Creativity" 11:00 am				

Prenatal and Newborn Series

- 1.) Fetal Development & Prenatal Care
- 2.) Nutrition & Exercise
- 3.) Pregnancy Discomforts & Hazards
- 4.) Understanding Emotions & Preparing for Birth
- 5.) Breastfeeding Basics
- 6.) Understanding Labor
- 7.) Comfort Techniques & Medical Procedures
- 8.) Your Newborn & Understanding Postpartum
- 9.) Newborn Traits & Behaviors
- 10.) Crying, Comforting & Feeding
- 11.) Diapering, Bathing, Nail Care & Dressing
- 12.) Newborn Health & Safety

Besides earning a coupon and diapers each class, attend all 12 classes within your pregnancy to receive a bonus item of your choice: Portable swing, portable highchair, bassinet.

General Parenting Classes

Meet with other parents who share your challenges as we learn about and discuss a variety of parenting topics.

Parenting Class Bonus

Attend 9 classes within 3 months and earn a bonus item!

"Toddle Time – Story Time"

Parents and little ones, (Ages 0 - 4-year-old) are invited to join for interactive time of stories, rhymes, and songs to encourage early literacy.

"Strong Fathers"

Join our new series for fathers only as we explore the important role you play in the lives of your child.

"Nutrition Class"

Join Jody from Purdue Extension Start with a few small steps, and you'll be eating better, creating more meaningful family time, and moving more before you know it! Small kitchen incentive will be earned!

Raising Kids with Character

This program consists of 6 sessions: honesty, respect, peace, kindness, creativity, and hopefulness.

You'll receive a bundle of diapers and a coupon for each class that you attend.

Classes are not a substitute for medical care

Class Guidelines:

- Class must relate to your current situation.
- Clients who are more than 10 minutes late receive no incentives but are welcome to stay for information.