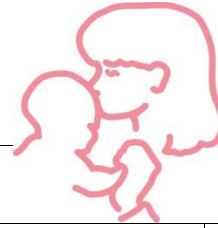


Women's Care Center

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

June 2023

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1	2 "Time Management" 12:00 pm "Pregnancy Discomforts & Hazards" 3:30 pm	3
4	5	6	7	8	9 "Summer Fun & Safety" 12:00 pm "Understanding Emotions & Preparing for Birth" 3:30 pm	10
11	12	13	14 "Self-Care Class" 12:00 pm	15	16 "Importance of lay" 12:00 pm "Understanding Labor" 3:30 pm	17
18	19 "Breastfeeding Basics" 1:00 pm	20 "Breastfeeding Basics" 3:30 pm	21 "Music Class" 12:00 pm	22	23 "Power of Routine" 12:00 pm NO PRENATAL & NEWBORN CLASS	24
25	26	27	28	29	30 "Who's Watching Your Child" 12:00 pm "Your Newborn & Understanding Postpartum" 3:30 pm	

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: infant car seat, 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!

"Music Class"

Join us for this fun class! We'll be trying different small musical instruments. We'll also be singing along!

"Self-Care Class"

Self-care is what helps you manage the day-to-day stress so that it doesn't build up. We'll provide materials for an activity that can relax and provide stress relief.

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.