

# Class Schedule



# October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>Clase de Crianza</b> -Diana 11am-12pm (Virtual clase, en español)	<b>2</b>	<b>3</b> <b>*Child Temperament Tool</b> -Stephanie (in-person) **1:00 pm & 5:30pm <b>*Mommy and Me</b> -Haylee 5:30-6:30pm (in-person)	<b>4</b> <b>Clase de Crianza -Diana</b> 11am-12pm (Presencial, en español)
<b>7</b> <b>*Child Behaviors</b> -Bob 5:30-6:30pm (Zoom Class) <b>*Sleep Routines: 1st Yr of Life</b> -Stephanie 5:30-6:30pm (in-person) <b>*How Media &amp; Tech Affect Kids</b> -Kemas 5:30-6:30pm (in-person)	<b>8</b> <b>Clase de Nutrición</b> -Wanda 11am-12pm (Virtual clase, en español)	<b>9</b>	<b>10</b> <b>*Bathtime &amp; Bedtime Routines</b> -Stephanie (in-person) **1:00 pm & 5:30pm <b>*Mommy and Me</b> -Haylee 5:30-6:30pm (in-person)	<b>11</b> <b>Clase de Crianza -Diana</b> 11am-12pm (Presencial, en español)
<b>14</b> <b>*Parenting Styles &amp; Positive Discipline</b> -Jenny 5:30-6:30pm (Zoom Class) <b>*Child Safety #1: Infants</b> -Stephanie 5:30-6:30pm (in-person) <b>*Kids and Chores</b> -Keith 5:30-6:30pm (in-person)	<b>15</b> <b>Clase de Crianza</b> -Thelma 11am-12pm (Virtual clase, en español)	<b>16</b>	<b>17</b> <b>*1 pm Nutrition</b> -Brenda <b>*5:30 pm Your Strong-Willed Child</b> -Stephanie (in-person) <b>*Mommy and Me</b> -Haylee 5:30-6:30pm (in-person)	<b>18</b> <b>Pequeños Koalas</b> (es necesario registrarse) -Diana 11am-12pm (Presencial, en español)
<b>21</b> <b>*Infant Safety</b> -Jenny 5:30-6:30pm (Zoom Class) <b>*Child Safety #2: Toddlers</b> -Stephanie 5:30-6:30pm (in-person) <b>*Raising Honest Kids</b> -Larry 5:30-6:30pm (in-person)	<b>22</b> <b>Presentador Invitado</b> 11am-12pm (Virtual clase, en español)	<b>23</b>	<b>24</b> <b>*Raising Adults</b> -Stephanie (in-person) **1:00 pm & 5:30pm <b>**NO Mommy and Me Class**</b>	<b>25</b> <b>Clase de Nutrición -Wanda</b> 11am-12pm (Presencial, en español)
<b>28</b> <b>*Time Management</b> -Bob 5:30-6:30pm (Zoom Class) <b>*Art Therapy</b> -Stephanie 5:30-6:30pm (in-person) <b>*Dad Traps</b> -Donovan 5:30-6:30pm (in-person)	<b>29</b> <b>Intercambio de Información</b> 11am-12pm (Virtual clase, en español)	<b>30</b>	<b>31</b> <b>*Art Therapy</b> -Stephanie (in-person) **1:00 pm & 5:30pm <b>**NO Mommy and Me Class**</b>	Color code: Purple = Strong Families Blue = Strong Fathers Green = Español

## 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.
- Attend 10 In Person classes and earn a free car seat!!
- 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 1 coupon per session, and additional 1 coupon 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!