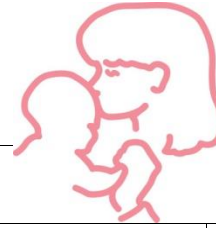


Women's Care Center

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

January 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 CENTER CLOSED	2	3 "Your Newborn & Understanding Postpartum" 11:00 am "Managing a Sweet Tooth" 1:00 pm	4
5	6	7	8 "Toddle Time Story Time" 10:30 am	9 "Kids Craft" 12:00 pm	10 "Newborn Traits & Behaviors" 11:00 am "Manners & Conversation" 1:00 pm	11
12	13	14 "Nutrition Class" 11:00 am "Breastfeeding Support Group" 1:00 pm	15 "Toddle Time Story Time" 10:30 am	16	17 "Crying, Comforting & Feeding" 11:00 am "Strong Fathers" & "Strong Moms" 1:00 pm	18
18	20 "Breastfeeding Basics" 1:00 pm	21	22 "Toddle Time Story Time" 10:30 am	23	24 "Diapering, Bathing, Nail Care & Dressing" 11:00 am "Parenting Traps" 1:00 pm	25
26	27	28 "Nutrition Class" 11:00 am	29 "Toddle Time Story Time" 10:30 am	30	31 "Newborn Health & Safety" 11:00 am "Resolutions" 1:00 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: 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.

"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 class 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!

"Breastfeeding Support Group"

Join a Franciscan lactation nurse in a peer-led breastfeeding support group and playgroup. Meet up with mothers at the same stage, share advice, and socialize.

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.