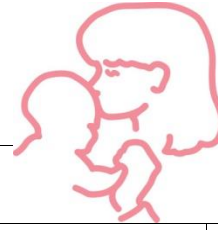


# Women's Care Center

## Michigan City



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

December 2024						
	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2	3 "Nutrition Class" 11:00 am	4 "Toddle Time Story Time" 10:30 am	5	6 "Breastfeeding Basics" 11:00 am "Winter Fun & Safety" 1:00 pm	7
8	9	10	11 "Toddle Time Story Time" 10:30 am	12 "Christmas Kids Craft" 12:00 pm	13 "Understanding Labor" 11:00 am "Development 12-24 Months" 1:00 pm	14
15	16 "Breastfeeding Basics" 1:00 pm	17 "Nutrition Class" 11:00 am "Breastfeeding Support Group" 1:00 pm	18 "Toddle Time Story Time" 10:30 am	19	20 NO CLASSES	21
22	23	24 CENTER CLOSED	25 CENTER CLOSED	26 CENTER CLOSED	27 "Comfort Techniques & Medical Procedures" 11:00 am "Raising Adults" 1:00 pm	28
29	30	31 CENTER CLOSED				30

### 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.