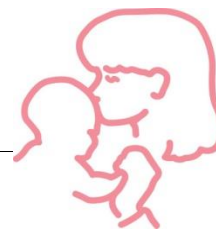


Women's Care Center

La Porte



824 Lincolnway (219) 324-4646

laportecountywcc@yahoo.com

Find a schedule at womenscarecenter.org

Hours: Mon, Tue, Wed, & Fri 9am-5pm, Thu 11am-7pm

March 2025

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
2	3 "Your Strong-willed Child" 1:00 pm	4 "Nutrition Class" 11:00 am	5 "Toddler Time Story Time" 9:30 am	6 "Diapering, Bathing, Nail Care & Dressing" 1:00 pm & 5:00 pm	7	8
9	10 "Healthy Relationships" 1:00 pm	11 "Breastfeeding Support Group" 1:00 pm	12 "Toddler Time Story Time" 9:30 am	13 NO CLASS CENTER CLOSED	14	15
16	17 "Bullying" 1:00 pm	18 "Nutrition Class" 11:00 am "Breastfeeding Basics" 1:00 pm	19 "Toddler Time Story Time" 9:30 am	20 "Newborn Health & Safety" 1:00 pm "Strong Fathers" & "Strong Moms" 5:30 pm	21 Raising Kids with Character "Honesty" 1:00 pm	22
23	24 "Your Child's Imagination" 1:00 pm	25 "Kids Craft" 1:00 pm	26 "Toddler Time Story Time" 9:30 am	27 "Fetal Development & Prenatal Care" 1:00 pm & 5:00 pm	28 Raising Kids with Character "Respect" 1:00 pm	29
30	31 "Question-Answers from Jar" 1:00 pm					

You will receive a coupon and 1 bundle of diapers for each class attended.

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.

Prenatal and Newborn Series (TWO TIME OPTIONS)

- 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!

"Strong Fathers"

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

"Self-Care During Pregnancy"

Moms are welcome to join us in class at the same time.

"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! A small kitchen incentive will be earned!

"Toddler 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.

"Raising Kids with Character"

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