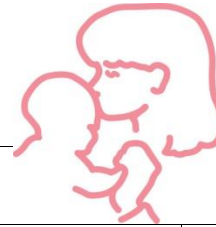


# Women's Care Center

La Porte



512 Maple Avenue, (219) 324-4646  
[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

## January 2025

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 Center Closed	2 "Comfort Techniques & Medical Procedures" 1:00 pm & 5:00 pm	3 "Toddle Time Story Time" 10:30 am	4
5	6 "Manners & Conversation" 1:00 pm	7 "Nutrition Class" 11:00 am	8	9 "Your Newborn & Understanding Postpartum" 1:00 pm & 5:00 pm	10 "Toddle Time Story Time" 10:30 am	11
12	13 "Managing a Sweet Tooth" 1:00 pm	14	15	16 "Newborn Traits & Behaviors" 1:00 pm "Strong Fathers" & "Strong Moms" 5:30 pm	17 "Toddle Time Story Time" 10:30 am	18
19	20 "Parenting Traps" 1:00 pm	21 "Nutrition Class" 11:00 am "Breastfeeding Basics" 1:00 pm	22	23 "Crying, Comforting & Feeding" 1:00 pm & 5:00 pm	24 "Toddle Time Story Time" 10:30 am	25
26	27 "Resolutions" 1:00 pm	28 "Breastfeeding Support Group" 1:00 pm	29	30 "Diapering, Bathing, Nail Care & Dressing" 1:00 pm & 5:00 pm	31 "Toddle Time Story Time" 10:30 am	

### 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 during 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! A 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 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.