

Class Schedule



January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>COLOR CODE: Purple = Strong Families Blue = Strong Fathers Green = Español</p>		1	2 NO CLASS <i>(Limited hours due to New Year's holiday)</i>	3 Criando un Hijo Optimista -Jacqueline 11am-12pm (Presencial, en español)
6 * Role Models & Support Network -Bob 5:30-6:30pm (Zoom Class) * Prenatal Nutrition -Steph 5:30-6:30pm (in-person)	7 Clase de Crianza -Diana 11am-12pm (Virtual clase, en español)	8	9 * Resolutions -Stephanie **1:00 pm & 5:30pm (in-person) * Mommy and Me -Haylee -5-5:45pm: newborn-2 years old -5:45-6:30pm: 3-5 years old (in-person)	10 Su Hijo de Voluntad Fuerte -Jacqueline 11am-12pm (Presencial, en español)
13 * Money Management -Bob 5:30-6:30pm (Zoom Class) * Third Trimester -Stephanie 5:30-6:30pm (in-person)	14 Clase de Nutrición -Wanda 11am-12pm (Virtual clase, en español)	15	16 * Who Is Watching Your Child? -Stephanie **1:00 pm & 5:30pm (in-person) * Mommy and Me -Aimee -5-5:45pm: newborn-2 years old -5:45-6:30pm: 3-5 years old (in-person)	17 Por Que es Importante la Gratitude -Jacqueline 11am-12pm (Presencial, en español)
20 * Baby Basics -Jenny 5:30-6:30pm (Zoom Class) * Bonding with Baby -Aimee 5:30-6:30pm (in-person)	23 Clase de Crianza -Thelma 11am-12pm (Virtual clase, en español)	24	25 * The 5 Love Languages -Aimee **1:00 pm & 5:30pm (in-person) * Mommy and Me -Haylee -5-5:45pm: newborn-2 years old -5:45-6:30pm: 3-5 years old (in-person)	26 Rivalidad Entre Hermanos -Jacqueline 11am-12pm (Presencial, en español)
27 ** NO STRONG FAMILIES CLASS ** * Art Therapy -Stephanie 5:30-6:30pm (in-person)	28 Presentador Invitado 11am-12pm (Virtual clase, en español)	29	30 * Art Therapy -Stephanie **1:00 pm & 5:30pm (in-person) * Mommy and Me -Haylee -5-5:45pm: newborn-2 years old -5:45-6:30pm: 3-5 years old (in-person)	31 El Dormir -Jacqueline 11am-12pm (Presencial, en 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 2 coupons per session, and 2 additional coupons 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!