



Family Workshops January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Storytime - Español For Parents & Their Children •10:00 am West South Bend on LincolnWay</p> <p>Parenting Class •1:00pm West South Bend on LincolnWay</p> <p>Parenting Class •5:00pm – Notre Dame Ave •6:00pm – Notre Dame Ave</p>	<p>Storytime For Parents & Their Children •10:00 - Notre Dame Ave</p> <p>Raising Kids With Character •11:00 am Mishawaka 6 week series Begins January 21</p> <p>Nutrition Class •6:00pm Mishawaka</p>	<p>Talk With Your Baby •10:00 am Mishawaka 8 week series - began December 11, ends Jan 29</p> <p>Mommy & Me Music Non-walking babies only Parent participation expected •10:00 am West South Bend on LincolnWay</p> <p>Parenting Class •11:00 am Mishawaka</p> <p>Postpartum Class •11:30 am West South Bend on LincolnWay</p> <p>Clases para Padres •6:00pm - Notre Dame Ave</p> <p>Fortaleciendo a los Padres •6:00pm - Notre Dame Ave</p> <p>NEW! Strong Fathers •6:00pm - Mishawaka</p>	<p>NEW! - Movers & Shakers Music Time For Parents & Their Children •10:00am - Mishawaka</p> <p>Newborn Class •10:30 am West South Bend on LincolnWay</p> <p>Nutrition Class •1:00pm - Notre Dame Ave</p> <p>1st Time Moms-to-Be •2:00 West South Bend on LincolnWay</p> <p>Cuidado del Recien Nacido •3:00pm West South Bend on LincolnWay</p> <p>Bumpology 101 •5:00pm - Notre Dame Ave</p> <p>Strong Fathers •6:00pm - Notre Dame Ave.</p>	<p>Movers & Shakers Music Time For Parents & Their Children •10:00am West South Bend on LincolnWay</p> <p>Español: Clase de Nutrición •11:30 am West South Bend on LincolnWay</p> <p>Cuidado Prenatal •1:00pm Mishawaka</p>

Offices Closed, No Classes
Oficinas Cerradas, No Hay Clases
Tuesday, December 31
Wednesday, January 1

No classes at West South Bend on LincolnWay Friday, January 3

Raising Kids With Character

Tuesdays, 11:00am at Mishawaka – 6 Week Series, for parents of children ages 2-5
This 6-week program focuses on character development in children ages 2-5 years old. It is a discussion-based series to equip parents with tools to help children grow up to be confident, caring, and respectful individuals. You may only attend this series once and attendance at each class is expected.

First Time Mom Classes

Thursdays 2:00 at West South Bend
Learn and share with other moms. Eligible moms who attend 12 or more 1st Time Moms classes earn a free car seat or pack n play

Parenting Class Topics:

Dec 30 – Jan 3: Budget Basics • Conceptos básicos del presupuesto
Jan 6 – 10: Resolutions • Resoluciones
Jan 13 – 17: Blended Families • Familias Mezcladas
Jan 20 – 24: Sibling Rivalry • Rivalidad entre hermanos
Jan 27 – 31: The Importance of Family Meals • La importancia de las comidas familiares
Feb 3 – 7: Love Languages • Los Cinco Lenguajes del Amor

Bumpology 101

Thursdays 5:00pm on Notre Dame Ave.

This 13 week series about pregnancy is open to moms and dads. Bonus items will be offered at each class!

January 2: Prenatal Care
January 9: Trimester Development
January 16: Healthy Pregnancy
January 23: Labor & Delivery
January 30: Welcome Home, Baby!
February 6: Postpartum Care

Snow Policy:
All cancellations due to weather will be posted on **WNDU.**



360 N. Notre Dame Ave., South Bend	• 574-234-0363	• Crib Club Store Hours:	T: 11:00am-12:00pm Th: 2:00-3:00pm
3530 Lincoln Way West, South Bend	• 574-234-0403	• Crib Club Store Hours:	M, Th, 2:00-3:00pm, F: 12:00-1:00pm
605 Lincolnway East, Mishawaka	• 574-252-3680	• Crib Club Store Hours:	W: 11:00am-2:00pm

www.womenscarecenter.org

Class availability and topics subject to change. Mothers and fathers may attend one "regular" class per week and as many "special" classes (i.e. Newborn Class, 1st Time Moms, etc) as they like/qualify for as many weeks as they like. Each parent earns diapers and a Crib Club Coupon for each class they attend. **Support persons who are not parents of a child under the age of 5 must receive permission of the Class Coordinator to receive incentives**