



March 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Parenting Class •10:00am Nutrition Class •12:00pm	4	5 Parenting Class •2:00pm Bumpology 101 •4:00pm	6	7	8 Mommy & Me 9:30 am-10:30
9	10 Parenting Class •10:00am Nutrition Class •12:00pm	11	12 No classes	13	14	15
16	17 Parenting Class •10:00am Nutrition Class •12:00pm	18	19 Parenting Class •2:00pm Bumpology 101 •4:00pm	20	21	22 Move It Mommy 9:30 am-10:30 Strong Fathers 11:00 am-12:00 pm
23/30	24/31 Parenting Class •10:00am Nutrition Class •12:00pm	25	26 Parenting Class •2:00pm Bumpology 101 •4:00pm	27	28	29

CLASS TOPICS
3/3- 10:00 Traits of a Strong Family 12:00 Facts About Fiber
3/5- 2:00 Traits of a Strong Family 4:00 Bumpology-Week 3 Healthy Preg.
3/8- 9:30- Mommy & Me
3/10- 10:00 Kids & Chores 12:00 Immune Boosters
3/12- NO CLASSES
3/17- 10:00 Dev. Milestones 2-3 Years 12:00 All About Vitamins
3/19- 2:00 Dev. Milestones 2-3 Years 4:00 Bumpology- Week 4 Labor & Del
3/22- 9:30 Move it Mommy 11:00 Strong Fathers
3/24 - 10:00 Kids and Chores 12:00 Recipe #3-Teriyaki Stir Fry
3/26 - 2:00 Kids and Chores 4:00 Bumpology-Week 5 Feeding Baby
3/31 - 10:00 Raising Resilient Kids 12:00 Sugar in Cereal

NOTES

Women's Care Center

1212 N. LaSalle Dr. • Chicago, IL 60610 Second Floor (312) 381-8180
 Mon, Tues, Thurs, Fri. 8 am – 5 pm; Wed. 8 am – 7 pm Sat. 9 am – 1 pm
 Shop our Crib Club Store!
 Open after all classes or by appointment.

Class topics are subject to change. Mother and Father of the baby are welcomed to attend one “regular” class per week and as many “special” classes (if offered – i.e. Bumpology, Nutrition) 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.

Garage Parking is not available for classes. Please talk to staff about other parking options.

Late participant arrival to class will only receive diapers for attendance.