



Women's Care Center Niles

March 2025

Sun	Mon	Tues	Wed	Thursday	Fri	Sat
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2	3 Parenting Class 12:00pm	4 Movers & Shakers: Mommy & Me Music 10:00am <i>For parents & children ages 0-3</i>	5	6 Pregnancy & Newborn Care Class 11:30am Baby Basics Double Diapers!	7	8
9	10 Parenting Class 12:00pm	11 Movers & Shakers: Mommy & Me Music 10:00am <i>For parents & children ages 0-3</i> Car Seat Fitting 10:00am-2:00pm Appointments Required	12	13 Office Closed For Staff Development No Classes	14 Office Closed	15 Office Closed
16	17 Parenting Class 12:00pm	18 Movers & Shakers: Mommy & Me Music 10:00am <i>For parents & children ages 0-3</i>	19	20 Pregnancy & Newborn Care Class 11:30am Sleep & Soothing Double Diapers!	21	22
23	24 Parenting Class 12:00pm	25 Movers & Shakers: Mommy & Me Music 10:00am <i>For parents & children ages 0-3</i>	26	27 Pregnancy & Newborn Care Class 11:30am Breastfeeding Basics Double Diapers!	28	29
30	31 Parenting Class 12:00pm					

In-Person Class Guidelines

- Be on time to class but not more than 15 minutes early.
- Participate in class and complete class form/notes.
- Participants receive 1 coupon and a bundle of 10 diapers.
- Classes are not a substitute for medical care.
- Childcare is limited, please ask for details.
- Class size is limited and available on a first come, first serve basis.
- Do not bring sick children or come if you are sick.

Niles Center

621 E. Main St. Niles, MI

(269) 684-4040

berriencountywcc@gmail.com

Classes & Updates:

womenscarecenter.org/locations/niles

Hours:

Mon, Tue, Wed, & Fri: 9am-5pm

Thursday: 11am-7pm

Prenatal & Newborn Care Series

Must be currently pregnant or have a baby younger than 6 weeks old to attend.

Six-Part Healthy Pregnancy Series:

- 1) You and Your Pregnancy
- 2) Prenatal Care
- 3) Healthy Habits
- 4) Labor and Delivery Part 1
- 5) Labor and Delivery Part 2
- 6) Postpartum Care

Six-Part Newborn Care Series:

- 1) Baby Basics
- 2) Sleep & Soothing
- 3) Breastfeeding Basics
- 4) Bottle Feeding & Beyond
- 5) Safety Issues for New Parents
- 6) Your Baby's 1st Year of Development
- 7) Wrap Up Session

BONUS: Attend 12 out of 13 classes within your pregnancy to receive a **bonus item of your choice:** Infant car seat or pack n play Limit 1 per family.

Strong Fathers Program

Thursday 5:30pm & 6:15pm

Sign up after Monday classes or call to register!