



Family Workshops March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Storytime - Español</u> For Parents & Their Children •10:00 am West South Bend on LincolnWay</p> <p><u>Parenting Class</u> •1:00pm West South Bend on LincolnWay</p> <p><u>Español: Talk With Your Baby</u> •2:00 pm West South Bend on LincolnWay</p> <p><u>Parenting Class</u> •5:00pm – Notre Dame Ave •6:00pm – Notre Dame Ave</p>	<p><u>Storytime</u> For Parents & Their Children •10:00 - Notre Dame Ave</p> <p><u>NEW! Community Resource Series</u> •12:00 - Notre Dame Ave Learn about community resources, services, and more! A different St. Joe County agency for the next 8 weeks. <i>Mar 4 Northwestern Mutual</i> <i>Mar 11 Beacon Community Impact</i> <i>Mar 18 Women's Care Center</i> <i>Mar 25 Beacon-Workplace Rights</i></p> <p><u>Breastfeeding</u> •12:00pm West South Bend on LincolnWay <i>For moms currently expecting or with babies up to 6 months old</i></p> <p><u>Nutrition Class</u> •6:00pm Mishawaka</p>	<p><u>Mommy & Me Music</u> <i>Non-walking babies only</i> <i>Parent participation expected</i> •10:00 am West South Bend on LincolnWay</p> <p><u>Parenting Class</u> •11:00 am Mishawaka</p> <p><u>Clases para Padres</u> •6:00pm - Notre Dame Ave</p> <p><u>Fortaleciendo a los Padres</u> •6:00pm - Notre Dame Ave</p> <p><u>Strong Fathers</u> •6:00pm - Mishawaka</p>	<p><u>Movers & Shakers Music Time</u> For Parents & Their Children •10:00am - Mishawaka</p> <p><u>Newborn Class</u> •10:30 am West South Bend on LincolnWay</p> <p><u>Nutrition Class</u> •1:00pm - Notre Dame Ave.</p> <p><u>1st Time Moms-to-Be</u> •2:00pm West South Bend on LincolnWay</p> <p><u>Cuidado del Recien Nacido</u> •3:00pm West South Bend on LincolnWay</p> <p><u>Bumpology 101</u> •5:00pm - Notre Dame Ave</p> <p><u>Strong Fathers</u> •6:00pm - Notre Dame Ave.</p>	<p><u>Movers & Shakers Music Time</u> For Parents & Their Children •10:00am West South Bend on LincolnWay</p> <p><u>Clase de Nutrición</u> •11:30 am West South Bend on LincolnWay</p> <p><u>Cuidado Prenatal</u> •1:00pm Mishawaka</p> <p><u>Criar niños con carácter</u> •2:00 pm Mishawaka <i>Serie de 6 semanas</i> <i>Comienza el 21 de febrero</i></p>

Criar niños con carácter

Viernes, 2:00pm en Mishawaka – Serie de 6 semanas, para padres de niños de 2 a 5 años

Este programa de 6 semanas se centra en el desarrollo del carácter en niños de 2 a 5 años. Es una serie basada en debates para dotar a los padres de herramientas que ayuden a los niños a crecer y convertirse en personas seguras, afectuosas y respetuosas. Solo puedes asistir a esta serie una vez.

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:

Mar 3 – 7: Your Strong-Willed Child • Su hijodevoluntad firme
Mar 10-14: Your Child's Imagination • La imaginación de su hijo
Mar 17-21: Healthy Relationships • Relaciones sanas
Mar 24-28: Bullying • Acoso escolar
Mar 31-Apr 4: Manners & Conversation • Modales y habilidades de conversación

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!

March 6 Health and Safety

March 13 Bonding

March 20 Developmental Milestones

March 27 Prenatal Care

April 3 Trimester Development

Snow Policy:
All cancelations 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**