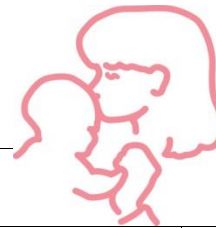


Women's Care Center

La Porte



512 Maple Avenue, (219) 324-4646
laportecountywcc@yahoo.com
 Find a schedule at womenscarecenter.org
 Hours: Mon, Tue, Wed, & Fri 9am-5pm, Thu 11am-7pm

November 2024

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1 "Toddle Time Story Time" 10:30 am	2
3	4 "How Babies Communicate" 1:00 pm	5 "Thanksgiving Kids Craft" 1:00 pm	6	7 "Fetal Development & Prenatal Care" 1:00 pm & 5:00 pm	8 "Toddle Time Story Time" 10:30 am	9
10	11 "Gratitude" 1:00 pm	12 "Nutrition Class" 11:00 am	13	14 "Nutrition & Exercise" 1:00 pm "Strong Fathers" & "Strong Moms" 5:30 pm	15 "Toddle Time Story Time" 10:30 am	16
17	18 "Thanksgiving Fun" 1:00 pm	19 "Breastfeeding Basics" 1:00 pm	20 "Budgeting for the Holidays" 1:00 pm	21 "Pregnancy Discomforts & Hazards" 1:00 pm & 5:00 pm	22 "Toddle Time Story Time" 10:30 am	23
24	25 "Cooking with Addisyn" 1:00 pm	26 "Nutrition Class" 11:00 am "Breastfeeding Support Group" 1:00 pm	27	28 Center Closed	29 Center Closed	30

Prenatal and Newborn Series (TWO TIME OPTIONS)

- 1.) Fetal Development & Prenatal Care
- 2.) Nutrition & Exercise
- 3.) Pregnancy Discomforts & Hazards
- 4.) Understanding Emotions & Preparing for Birth
- 5.) Breastfeeding Basics
- 6.) Understanding Labor
- 7.) Comfort Techniques & Medical Procedures
- 8.) Your Newborn & Understanding Postpartum
- 9.) Newborn Traits & Behaviors
- 10.) Crying, Comforting & Feeding
- 11.) Diapering, Bathing, Nail Care & Dressing
- 12.) Newborn Health & Safety

Besides earning a coupon and diapers for each class, attend all 12 classes during your pregnancy to receive a bonus item of your choice: Portable swing, portable highchair, bassinet.

General Parenting Classes

Meet with other parents who share your challenges as we learn about and discuss a variety of parenting topics.

"Toddle Time – Story Time"

Parents and little ones, (Ages 0 - 4-year-old) are invited to join for interactive time of stories, rhymes, and songs to encourage early literacy.

"Strong Fathers"

Join our class for fathers only as we explore the important role you play in the lives of your child.

"Nutrition Class"

Join Jody from Purdue Extension
 Start with a few small steps, and you'll be eating better, creating more meaningful family time, and moving more before you know it! A small kitchen incentive will be earned!

"Breastfeeding Support Group"

Join a Franciscan lactation nurse in a peer-led breastfeeding support group and playgroup. Meet up with mothers at the same stage, share advice, and socialize.

You will receive a coupon and 1 bundle of diapers for each class attended.

Classes are not a substitute for medical care.

Class Guidelines:

- Class must relate to your current situation.
- Clients who are more than 10 minutes late receive no incentives but are welcome to stay for information.