



# Women's Care Center Niles

## October 2024

Sun	Mon	Tues	Wed	Thursday	Fri	Sat
		1	2	3 <i>Zoom Pregnancy Class - 11:30am</i> You & Your Pregnancy  <b>IN PERSON</b> <i>Newborn Care Class - 2:00pm</i> Your Baby's 1 <sup>st</sup> Year of Development	4	5
6	7 Parenting Class <b>12:00pm</b>	8 <b>Car Seat Fitting</b> 10:00am-2:00pm Appointments Required	9	10 <i>Zoom Pregnancy Class - 11:30am</i> Prenatal Care  <b>IN PERSON</b> <i>Newborn Care Class - 2:00pm</i> Bringing Home Baby: The 1 <sup>st</sup> 6 Weeks	11	12
13	14 Parenting Class <b>12:00pm</b>	15	16	17 <i>Zoom Pregnancy Class - 11:30am</i> Emotional Changes in Pregnancy  <b>IN PERSON</b> <i>Newborn Care Class - 2:00pm</i> Postpartum Emotions & Self Care	18	19
20	21 Parenting Class <b>12:00pm</b>	22	23	24 <i>Zoom Pregnancy Class - 11:30am</i> Healthy Habits  <b>IN PERSON</b> <i>Newborn Care Class - 2:00pm</i> Baby Basics	25	26
27	28 Parenting Class <b>12:00pm</b>	29	30	31 <i>Zoom Pregnancy Class - 11:30am</i> Labor & Delivery: Part I  <b>IN PERSON</b> <i>Newborn Care Class - 2:00pm</i> Sleep & Soothing		

### 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@yahoo.com

### Classes & Updates:

womenscarecenter.org/locations/niles

### Hours:

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

Thursday: 11am-7pm

### Prenatal & Newborn Care Series

#### Healthy Pregnancy:

**An Eight-Part Series on Zoom**

Go to Zoom.US, click: "Join a Meeting"

**ZOOM Meeting ID 310 858 5869**

**Password: WCC**

#### Newborn Care:

**Now IN PERSON at our Center!**

**BONUS:** Attend all 16 classes within your pregnancy to receive a **bonus item of your choice!** Ask the class instructors for more details.

### Strong Fathers Program

Thursday 5:30pm & 6:15pm

Sign up after Monday classes or call to register!

### Time Change!

### Walking Group

Tuesdays 1:00pm

Sign up after Monday classes or call to register

### Coming in November...

Movers & Shakers

A Mommy & Me Music Group