

JANUARY 2025

REMINDERS:

INFANT CARE CLASS IN PERSON
LAST TUESDAY OF THE MONTH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1 HAPPY-NEW YEAR <small>& MERRY CHRISTMAS</small>	2 PRENATAL CLASS: PRENATAL CARE- ZOOM 5:45PM
6 PREGNANCY (ANSANT) ZOOM & 6:30 PM	7 PARENTING CLASS: RESOLUTIONS- ZOOM @ 12PM BIENVENIDA/ HORARIO DE CLASES GOOGLE MEET 6:00PM HIGH BLOOD PRESSURE IN PREGNANCY (TANSYON NAN ANSANT) ZOOM @ 5:30PM	8 CONVERSATIONS WITH LENA (BY APPOINTMENT ONLY)	9 PRENATAL CLASS: NEWBORN CARE- ZOOM @ 5:45PM CONOCIENDONOS Y EXPECTATIVAS GOOGLE MEET @ 6:00PM
13 DIABETES IN PREGNANCY (DIABETES NON ANSANT) ZOOM @ 6:30PM	14 PARENTING CLASS: WINTER WELLNESS- ZOOM @ 12:00 PM RESOLUCIONES GOOGLE MEET @ 6:00 PM INFECTIONS IN PREGNANCY (INFECTION NAN ANSANT) ZOOM @ 5:30PM	15 INFANT & TODDLER MUSIC & MOVEMENT @WCC 11AM FORO ABIERTO- GOOGLE MEET PRENATAL @ 6:00PM	16 PRENATAL CLASS: PARENTING ROLES ZOOM@ 5:45PM CONCEPTOS BASICOS DEL PRESUPUESTO GOOGLE MEET @ 6:00PM
20 PREGNANCY AND SUBSTANCE USE (ANSANT OK DROG) ZOOM @ 6:30PM	21 PARENTING CLASS: TAMING A TANTRUM- ZOOM @ 12PM MANEJO DEL ESTRES GOOGLE MEET @ 6:00 PM PRENATAL CARE (SWEN LEUW ANSANT)- ZOOM @ 5:30PM	22 CONVERSATIONS WITH LENA (BY APPOINTMENT ONLY) FORO ABIERTO GOOGLE MEET @ 6:00 PM	23 STRONG FATHERS: TEAM DAD ZOOM @ 5:45PM EL PODER DE UNA RUTINA GOOGLE MEET @ 6:00 PM
27 WHY PRENATAL CRAE IS IMPORTNANT (POUKISA SWEN LEUW ANSANT) ZOOM @ 6:30PM	28 BREASTFEEDING (BAY TETE) ZOOM @ 5:30PM INFANT CARE CLASS MARIA BONILLA WCC @ 5:30 PM DESAROLLO TEMPRANO DEL CEREBRO PARTE 1 GOOGLE MEET @ 6:00 PM	29 FORO ABIERTO GOOGLE MEET @ 6:00 PM	30 DESAROLLO TEMPRANO DEL CEREBRO PARTE 2 GOOGLE MEET @ 6:00 PM

FOR MONTHLY CALENDAR & PLEASE GO TO
[HTTPS://WWW.WOMENSCARECENTER.ORG/FORT-PIERCE-FLORIDA](https://www.womenscarecenter.org/fort-pierce-florida)



ZOOM PARENTING CLASSES

Tuesdays @ 12:00 PM

Prenatal Classes Thursdays @ 5:45 PM

To participate please follow this link:

<https://zoom.us/j/98585891050>

Conversations with Lena are every Wednesday by appointment only, to set an appointment, please call Lena at 772.812.0061.

Please turn on your camera. The camera should be on during the entire class. Clients are welcome to attend as many classes as they would like, but will earn Crib Club Coupons for up to 1 class per week (2 coupons = 1 crib Club Item + 10 Diapers). Clients with support will earn two coupons and 20 diapers!! The support person is expected to attend a full class to earn coupons and diapers.

CLASSES IN CREOLE! (KLAS EN CREOLE)

Klas bay tete (1 bagay crib club + 10 diaper). Kliyan ki gen yon lot moun avek yo kap sipote yo ap touche 2 koupon ak 20 diaper.

<https://zoom.us/j/97587907503>

CLASES VIRTUALES EN ESPAÑOL

Para participar de las clases virtuales por favor siga este link **<https://meet.google.com/xjk-nyzq-mqz>**

La cámara permanecerá prendida durante toda la clase. Las madres participantes recibirán incentivos una vez por semana, (1c-1d)

1 cupón para la tienda y un cupón para 10 pañales.

Clientes que atienden clases completas con una persona adulta de apoyo, ganarán dos cupones y 20 pañales!