

# Class Schedule



# November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Color code:  <b>Purple = Strong Families</b>  <b>Blue = Strong Fathers</b>  <b>Green = Español</b></p>				<p>1  <b>Clase de Crianza -Diana</b>            11am-12pm  <b>(Presencial, en español)</b></p>
<p>4  <b>*Setting Limits -Dave</b>            5:30-6:30pm <b>(Zoom Class)</b>  <b>*Fertility -Rachel</b>            5:30-6:30pm <b>(in-person)</b>  <b>*Simple Finances for Life -Sam</b>            5:30-6:30pm <b>(in-person)</b></p>	<p>5  <b>Clase de Crianza -Diana</b>            11am-12pm  <b>(Virtual clase, en español)</b></p>	<p>6</p>	<p>7  <b>*Happiest Toddlers-Stephanie</b>  <b>**1:00 pm &amp; 5:30pm (in-person)</b>  <b>*Mommy and Me -Haylee</b>            -5-5:45pm: newborn-2 years old            -5:45-6:30pm: 3-5 years old  <b>(in-person)</b></p>	<p>8  <b>Clase de Crianza -Diana</b>            11am-12pm  <b>(Presencial, en español)</b></p>
<p>11  <b>*The Power of Routine -Bob</b>            5:30-6:30pm <b>(Zoom Class)</b>  <b>*First Trimester -Stephanie</b>            5:30-6:30pm <b>(in-person)</b>  <b>*Traits of Strong Families -Keith</b>            5:30-6:30pm <b>(in-person)</b></p>	<p>12  <b>Clase de Nutrición -Wanda</b>            11am-12pm  <b>(Virtual clase, en español)</b></p>	<p>13</p>	<p>14  <b>*Potty Training -Stephanie</b>  <b>**1:00 pm &amp; 5:30pm (in-person)</b>  <b>*Mommy and Me -Haylee</b>            -5-5:45pm: newborn-2 years old            -5:45-6:30pm: 3-5 years old  <b>(in-person)</b></p>	<p>15  <b>Máster class: Pequeño Koala</b>  <u><i>(es necesario registrarse)</i></u> -Diana            11am-12pm  <b>(Presencial, en español)</b></p>
<p>18  <b>*Family Rituals &amp; Traditions -Bob</b>            5:30-6:30pm <b>(Zoom Class)</b>  <b>*Nutrition in Pregnancy -Stephanie</b>            5:30-6:30pm <b>(in-person)</b>  <b>*Raising Resilient Kids -Donovan</b>            5:30-6:30pm <b>(in-person)</b></p>	<p>19  <b>Clase de Crianza -Thelma</b>            11am-12pm  <b>(Virtual clase, en español)</b></p>	<p>20</p>	<p>21  <b>*1 pm Nutrition -Brenda</b>  <b>*5:30 pm Meal Planning -Stephanie (in-person)</b>  <b>*Mommy and Me -Haylee</b>            -5-5:45pm: newborn-2 years old            -5:45-6:30pm: 3-5 years old  <b>(in-person)</b></p>	<p>22  <b>Clase de Nutrición -Wanda</b>            11am-12pm  <b>(Presencial, en español)</b></p>
<p>25  <b>*Children's Positive Play -Dave</b>            5:30-6:30pm <b>(Zoom Class)</b>  <b>*Ultrasound -Rachel</b>            5:30-6:30pm <b>(in-person)</b>  <b>*Nurturing Dads -John</b>            5:30-6:30pm <b>(in-person)</b></p>	<p>26  <b>Presentador Invitado</b>            11am-12pm  <b>(Virtual clase, en español)</b></p>	<p>27</p>	<p>28  <b>CLOSED</b>  <b>due to Thanksgiving holiday</b></p>	<p>29  <b>CLOSED</b>  <b>due to Thanksgiving holiday</b></p>

## Women's Care Center Class System

### Option 1

#### Attend a Parenting Class via **Zoom**

- Call 317-829-6800 to sign up to receive a Zoom link by email. Save the email because the link will work every week.
- One support person over the age of 18 can attend class with you and will receive coupons.
- Your video must be on throughout class to receive coupons.
- Earn 1 coupon per class and an additional 1 coupon if a support person attends class with you.
- Clients may attend as many classes throughout the week as they like but will only receive coupons for 1 class.
- When you enter class, put your name in the chat box for attendance.

### Option 2

#### Attend an **In-Person** Class

- No appointment is necessary for these.
- Show up and be a part of a group discussion on pregnancy and parenting topics.
- Earn 2 coupons per class and an additional 2 coupons if a support person attends class with you.
- Attend 10 In Person classes and earn a free car seat!!
- Clients may attend as many classes throughout the week as they like but will only receive coupons for 1 class.

### Option 3

#### Watch **In-Person** Videos

- Choose from a variety of videos which include: Pregnancy, Childbirth, Breastfeeding, and Parenting Skills.
- Must make an appointment to reserve a room to watch videos. Call 317-829-6800 to schedule.
- One support person over the age of 18 can attend with you and receive additional coupons.
- Earn 1 coupon per session, and additional 1 coupon with support.

**Crib Club-** The Crib Club is the baby store located at the Women's Care Center. Schedule an appointment at 317-829-6800 to use your coupons to buy items like: cribs, car seats, clothing, strollers and more!