



Family Workshops September 2024

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>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>Español: <u>Talk With Your Baby</u> •12:00 - Notre Dame Ave Last Class is on Sep 24</p> <p><u>Nutrition Class</u> •6:00pm Mishawaka</p>	<p><u>Talk With Your Baby</u> •10:00 am Mishawaka Last Class is on Sep 25</p> <p><u>Mommy & Me Music</u> Non-walking babies only Parent participation expected •10:00 am West South Bend on LincolnWay</p> <p><u>Parenting Class</u> •11:00 am Mishawaka</p> <p><u>Postpartum Class</u> •11:30 am West South Bend on LincolnWay</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>Newborn Class</u> •10:30 am NEW TIME 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> •2:00 West South Bend on LincolnWay</p> <p><u>Cuidado del Recien Nacido</u> •4:00pm 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</u> <u>Music Time</u> For Parents & Their Children •10:00am No Class August 2 West South Bend on LincolnWay</p> <p>Español: <u>Clase de Nutrición</u> •11:30 am West South Bend on LincolnWay No Hay Clases 2 agosto</p> <p><u>Cuidado Prenatal</u> •1:00pm Mishawaka No Class August 2</p>

First Time Mom Classes

Thursdays 2:00 at West South Bend

An intimate setting where you can 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:

- Sep 3 – 6: The Power of Routine • El poder de la rutina
- Sep 9 -13: Ready to Learn! • ¡Listo para aprender!
- Sep 16 – 20: Alternatives to Spanking • Alternativas a las nalgadas
- Sep 23 – 27: Your Parenting Style • Su Estilo de Crianza
- Sep 30 – Oct 4: Self-Care • Autocuidado
- Oct 7 – 11: Trouble Sleeping • Problemas para dormir

**Monday, September 2 - Labor Day
Offices Closed, No Classes
Oficinas Cerradas, No Hay Clases**

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!

- September 5: Developmental Milestones
- September 12: What is Prenatal Care?
- September 19: Trimester Development
- September 26: Healthy Pregnancy
- October 3: Labor & Delivery

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
607 Lincolnway West, 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**