

CLASS SCHEDULE



August 13*	Healthy Starts
August 20	Infant and Toddler Car Seat Safety
August 27*	Maternal Mental Health & Self-Care
September 3	Creating a Safe Home for Baby
September 10*	Preparing for Labor & Birth
September 17	Eating Well & Staying Active
September 24*	Body Changes & Early Oral Health
October 1	Give Your Baby Room to Breathe
October 8*	Mom & Baby's Appointments & Immunizations
October 15	Navigating Postpartum Recovery
October 22*	Pregnancy Complications & Warning Signs
October 29	Gestational Diabetes & High Blood Pressure in Pregnancy
November 5	Breastfeeding & Baby Care Basics

Bonus Classes!	
November 12*	Infant & Toddler Car Seat Safety
November 19	Eating Well & Staying Active
December 3	Give Your Baby Room to Breathe
December 10*	Maternal Mental Health & Self-Care

All classes run 5:30–6:30pm. *Peer support group offered every 2nd and 4th Thursday from 6:30–7:30pm.

FOR MORE INFORMATION:



(574)-235-9750 Opt. 8



<https://redcap.link/sjcember>

Participants must register in advance.

Scan the QR code or visit the link to register! →

