

Special Classes

Join other moms and families for these specialized, stand-alone classes. You are welcome to attend just one or as many as you'd like!

All classes in this group are held at Caring Network (1441 South Westnedge):

- **Cooking with Summer Foods**
Thurs – July 9 – 3:30 to 5:30 PM
- **Safety Proofing Your House**
Wed – Aug 19 – 3:30 to 5:30 PM
- **Making Baby Food**
Tues – Sept. 8 – 10:30 to 12:30 PM
- **Baby Sign Language**
Mon – Oct 5 – 10:30 to 12:30 PM
- **Cooking with Fall Foods**
Thurs – Nov 12 – 3:30 to 5:30 PM
- **Pampering Yourself**
Thurs – Dec 3 – 3:30 to 5:30 PM

Is transportation an issue?
Give us a call – we may be able to help!

Caring Network

Caring Network offers free services to help you and your family before, during and after your pregnancy. These services include:

- Pregnancy Testing
- Case Management
- Counseling
- Life-Coaching/Goal-Setting
- Baby Care Education
- Pregnancy and Parenting Classes
- STI/STD Education
- Preparation for Childbirth
- Connections to Health Services and Community Resources

Participants can access free material support to meet their family's needs – diapers, baby food, clothing, and more.

Caring Network serves pregnant women and families of all ages, backgrounds, and faiths. We help anyone who needs support in making life-affirming decisions. We will work with you to build and sustain strong and healthy moms, babies, families, and communities.

Contact us today to learn more:

269-381-9800

e-mail: info@ccdok.org

website: www.ccdok.org



JULY - DECEMBER 2020

MAMA ACADEMY

**Birthing, Baby Care,
and Breastfeeding**

All classes are free to attend and available to any woman who is pregnant or parenting a child up to one year old. Classes are held in two convenient locations:

- Ascension Borgess Hospital – Gull Road
- Caring Network – 1441 South Westnedge

Call us at 269-381-9800
or e-mail us at info@ccdok.org to register or learn more!