

Free Services

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

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 register or learn more!

269-381-1234

e-mail: info@ccdok.org

website: www.ccdok.org



JAN – JUNE 2022

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 will be held both virtually and in person (see dates below).

PLEASE NOTE: all in-person classes will require a mask due to the safety of everyone. If you are unable to stay masked for the entire time, please sign up for a virtual class.

Call us at **269-910-3015**
or email us at juliedavis@ccdok.org
to register or learn more!

Childbirth Basics

This free four (4) week class series is designed for mothers of all ages. The class will help you understand pregnancy and prepare for birth and beyond. Participants learn about body changes, childbirth, coping options for labor, and postpartum recovery. Feel free to include a support person.

VIRTUAL CLASSES:

- ❖ Wed – Jan 5, 12, 19, 26 – 3:30 to 6:00 PM
- ❖ Tues – Feb 1, 8, 15, 22 – 6:30 to 9:00 PM
- ❖ Tues – Mar 1, 8, 15, 22 – 10:30 AM to 1:00 PM
- ❖ Wed – April 6, 13, 20, 27 – 6:30 to 9:00 PM
- ❖ Tues – June 7, 14, 21, 28 – 6:30 to 9:00 PM

IN PERSON CLASSES (1819 GULL ROAD)

- ✓ Wed – May 4, 11, 18, 25 – 3:30 to 6:00 PM
- ✓ Wed – June 8, 15, 22, 29 – 6:30 to 9:00 PM

Bringing Up Baby

This free two (2) week class series is designed to help pregnant moms, parents and caregivers learn how to care for their new little one. Topics include: what to expect right after birth, sleep, bathing, infant communication, safety proofing, sick babies, car seats, and dental health. Bring all those difficult questions with you and a support person if you'd like.

VIRTUAL CLASSES:

- ❖ Tues Jan 25 and Thurs Jan 27 - 6:30 to 9:00 PM
- ❖ Wed – Feb 9 and 16 – 3:30 to 6:00 PM
- ❖ Wed – March 9 and 16 – 6:30 to 9:00 PM
- ❖ Tues – April 5 and 12 – 10:30 AM – 1:00 PM
- ❖ Tues – May 3 and 10 – 6:30 to 9:00 PM

IN PERSON CLASSES (1819 GULL ROAD)

- ✓ Tues – May 17 and 24 – 6:30 to 9:00 PM
- ✓ Thurs – June 9 and 6 – 3:30 to 6:00 PM

Breastfeeding

Are you interested in breastfeeding? Come learn about what it entails. We will discuss what to expect the first few weeks and beyond, milk production, proper latch, pumping and other topics. These free, one-time classes are designed to provide you with the information you need to succeed. Support people are welcome to attend.

VIRTUAL CLASSES:

- ❖ Mon – January 31 – 3:30 to 6:00 PM
- ❖ Wed – February 23 – 6:30 to 9:00 PM
- ❖ Wed – March 16 – 10:30 AM to 1:00 PM
- ❖ Tues – April 19 – 6:30 to 9:00 PM
- ❖ Thurs – May 26 – 6:30 to 9:00 PM

IN PERSON CLASSES (1819 GULL ROAD)

- ✓ Thurs – May 19 – 3:30 to 6:00 PM
- ✓ Thurs – June 23 – 6:30 to 9:00 PM

Individual consultations are available upon request!



Can't make a class? Call us to sign up for a one-on-one session(s). We offer individual classes for teen moms. Call us today to learn more or to register (269) 910-3015, juliedavis@ccdok.org. All classes are free to attend.