

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



JULY– DEC 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:

- ❖ Mon/Wed – Jul 11, 13, 18, 20 – 6:30P to 9:00P
- ❖ Tues/Thurs – July 12, 14, 19, 21 – 10:30A to 1:00P
- ❖ Mon/Wed – Aug 8, 10, 15, 17 – 3:30P to 6P
- ❖ Wed – Sept 7, 14, 21, 28 – 6:30P to 9:00P
- ❖ Tues – Oct 4, 11, 18, 25 – 10:30A to 1:00P
- ❖ Mon – Nov 7, 14, 21, 28 – 6:30P to 9:00P
- ❖ Tues – Nov 8, 15, 22, 29 – 3:30P to 6:00P
- ❖ Tues/Thurs – Dec 6, 8, 13, 15 – 6:30P to 9:00P

IN PERSON CLASSES (1819 GULL ROAD)

- ✓ Tues/Thurs – Aug 9, 11, 16, 18 – 6:30P to 9:00P
- ✓ Wed – Oct 5, 12, 19, 26 – 6:30P to 9:00P

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:

- ❖ Mon – July 11 and 18 – 10:30A to 1:00P
- ❖ Tues – July 12 and 19 – 6:30P to 9:00P
- ❖ Mon – Sept 19 and 26 – 3:30P to 6:00P
- ❖ Tues – Sept 20 and 27 – 6:30P to 9:00P
- ❖ Thurs – Oct 20 and 27 – 10:30A to 1:00P
- ❖ Thurs – Nov 10 and 17 – 6:30P to 9:00P
- ❖ Mon – Dec 5 and 12 – 3:30P to 6:00P
- ❖ Wed – Dec 7 and 14 – 6:30P to 9:00P

IN PERSON CLASSES (1819 GULL ROAD)

- ✓ Tues – Sept 6 and 13 – 6:30P to 9:00P
- ✓ Tues Oct 4 and Thurs Oct 6 – 6:30P to 9:00P

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:

- ❖ Thurs – July 14 – 6:30P to 9:00P
- ❖ Fri – July 15 – 10:30A to 1:00P
- ❖ Tues – Aug 16 – 3:30P to 6:00P
- ❖ Thurs – Sept 15 – 6:30P to 9:00P
- ❖ Thurs – Oct 6 – 10:30A to 1:00P
- ❖ Wed – Nov 9 – 3:30P to 6:00P
- ❖ Wed – Nov 16 – 6:30P to 9:00P
- ❖ Thurs – Dec 1 – 6:30P to 9:00P

IN PERSON CLASSES (1819 GULL ROAD)

- ✓ Mon – Sept 12 – 6:30P to 9:00P
- ✓ Mon – Oct 3 – 6:30P to 9:00P

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.