

# Free Services

# Caring Network



Jan  
thru  
May  
2024



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

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.

# MAMA ACADEMY

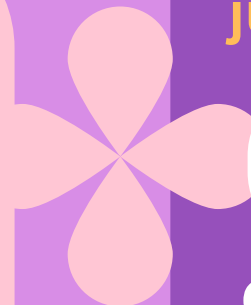
Birthing, Baby Care,  
and Breastfeeding



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 on reverse side).



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



CLASSES ARE FREE  
TO ATTEND!!

**TO REGISTER:**  
**Please Contact**  
**Julie at 269-910-3015 or**  
**[juliedavis@ccdok.org](mailto:juliedavis@ccdok.org)**

# 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 10, 17, 24, 31
- Tues/Thurs - Mar 5, 7, 12, 14
- Wed - May 1, 8, 15, 22

## IN-PERSON CLASSES:

- Thurs - Feb 1, 8, 15, 22
- Tues - Apr 9, 16, 23, 30

**ALL CLASSES ARE FROM  
6:30 PM - 9:00 PM**

**IN-PERSON CLASSES ARE  
HELD AT 1819 GULL ROAD**

# 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:

- Wed - Feb 21 and 28
- Wed - Apr 3 and 10

## IN-PERSON CLASSES:

- Tues - Jan 16 and 23
- Mon - Mar 11 and 18
- Tues - May 14 and 21



**Need a different day of the week or time of day for classes?  
To see what is available, please contact Julie Davis at  
269-910-3015 or [juliedavis@ccdok.org](mailto:juliedavis@ccdok.org).  
We also offer individual classes for teen parents!**

# 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:

- Tuesday February 13
- Thursday April 18

## IN-PERSON CLASSES:

- Thursday January 11
- Wednesday March 6
- Tuesday May 7

