


# 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

**TO REGISTER:**

**Please Contact**

**Julie at 269-910-3015 or  
juliedavis@ccdok.org**



Apr thru June 2025

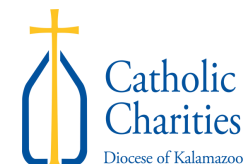


# Birthing, Breastfeeding, Babies, and More!

All classes are free to attend.

**REGISTRATION IS  
REQUIRED!**

Classes will be held both  
virtually and in person  
(see dates on reverse side)



## Childbirth Basics

This free four (4) week class series will look at the following topics: the body and how it prepares for labor, onset of labor, labor (both vaginal and cesarean), coping options for labor, birth plans and how to advocate for oneself, postpartum physical recovery, baby blues and PMAD, along with exploring how life changes with baby. You are encouraged and welcomed to have a support person attend classes with you; support people can best support us when they too know what the journey is about.

Tues April 1, 8, 15, 22 - In person  
Thurs May 8, 15, 22, 29 - Virtual  
Tues/Weds  
June 24, 25, July 1, 2 - In person  
All classes are 6:30-9:00pm

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!

## Bringing Up Baby

This free two (2) week class series will provide a base knowledge of information you can use to build upon for learning how to take care of your little one. Topics will include: what to expect at the hospital, bathing, infant communication, sick babies, sleep, car seats, dental/teething, and safety proofing. You are encouraged and welcomed to have a support person attend classes with you; support people can best support us when they too know what the journey is about.

Thurs April 3, 10 - Virtual  
Weds May 7, 14 - In person  
Mon/Weds June 2, 4 - Virtual  
All classes are 6:30-9:00pm



## Breastfeeding

This free one-time class is designed to provide information to help you be successful. Topics of discussion will be: what to expect the first few weeks and beyond, milk production, proper latch, common challenges, and pumping. You are encouraged and welcomed to have a support person attend classes with you; support people can best support us when they too know what the journey is about.

Thurs April 17 - Virtual  
Weds May 28 - In person  
Thurs June 26 - Virtual  
All classes are 6:30-9:00pm

## Grandparenting, What's Changed?

This two class series looks at what has changed over the years in the world of babies. Some of the topics covered will be sleep, car seats, bathing, breastfeeding, safety and more.

Weds April 16, 23  
Tues May 20, 27  
All classes are in person from  
6:30-8:30pm