

WOMEN'S CARE CENTER
COMMUNITY IMPACT



St. Lucie County has some of the worst birth outcomes in the state. Based on data from the Florida Department of Health, 35% of babies born here have moms that do not receive adequate prenatal medical care during pregnancy. Almost 1 in 10 babies are low birth weight. On average, 25 babies a month fall into this category.

There is a great need for this free pregnancy and parenting service in St. Lucie County. Every month this project is delayed, another 25 more at-risk babies lose the opportunity for the healthy baby intervention that Women's Care Center provides.

With 32 centers in 11 states, Women's Care Center is the nation's largest free pregnancy resource, serving more moms and babies than any other pregnancy center.

Our nearest local center is in Vero Beach, serving Indian River County.

The center provides *(all free of charge)*:

- prenatal vitamins and healthy baby education
- referrals for prenatal medical care
- partnership with Whole Family Health Center to help those with no insurance to qualify for free wellness visits and lab tests
- referrals for smoking cessation and addictions
- goals counseling and parenting classes to help women create nurturing families
- safe sleep and breastfeeding education
- cribs, diapers and new baby items earned for participating in education

In every community with a Women's Care Center, the center quickly becomes the go-to for pregnant women in need. In Indian River County, over 40% of the babies born start with our center.

And it works. Despite a very at-risk clientele, those who participate in Women's Care Center programs have healthier babies! See attached stat sheet.

The center was honored in 2019 with the prestigious Evangelium Vitae Award, a national honor from the University of Notre Dame.

WOMEN'S CARE CENTER

STAT SHEET

<i>Over 1 in every 3 babies born in Indian River County start at our center!</i>	
Births to women in Indian River County served by Women's Care Center in 2018	540
Reported births in Indian River County - from Florida Health Department 2018	1,294
% percentage of pregnant women served	42%

<i>Large numbers of At-Risk Pregnant Women visit us!</i>	
<i>Teen Moms:</i>	
Births to Indian River County teens served by Women's Care Center in 2018	66
Reported teen births in Indian River County - from Florida Health Department 2018	75
% percentage of teen moms served	88%





<i>Unmarried Moms:</i>	
Births to unmarried women served by Women's Care Center in Indian River County in 2018	436
Reported births to unmarried moms in Indian River County - from Florida Health Department 2018	616
% percentage of unmarried moms served	71%

<i>Demographics of Women's Care Center clients:</i>			
Caucasian - 55.5%	Hispanic - 19%	African American - 19.5%	Multi/Other - 6%
Unmarried - 84.7%		Qualify for Medicaid or WIC - >90%	

<i>Pregnant Women who make more visits have Better Birth Outcomes!</i>	
<i>(1/17/2016 - 12/31/2019)</i>	
	Average Birth Weight
1-2 Visits to Women's Care Center	6 pounds 11 ounces
Over 5 Visits to Women's Care Center	7 pounds 2 ounces

Women's Care Center Class Calendar

January 2020

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
29	30	31	1	2	3	4
	<p>Class – 2:00 pm Pregnancy Series 2nd Trimester</p>	<p>No Classes Center Closing @ 3</p> 	<p>Center Closed</p> 	<p>** Class 11:00 am Importance of Bonding & Your Baby's Development</p> <p>** Class 5:30 PM Interventions & Moving Through Labor</p>	<p>Class – 2:00 pm 1st Time Moms Spanish</p>	
5	6	7	8	9	10	11
	<p>Class – 2:00 pm Pregnancy Series 3rd Trimester</p> 	<p>Nutrition ** Class 10:30 am Spanish ** Class 11:30 am English</p> <p>** Class 5:30 PM Infant Temperament</p>	<p>1:30 PM IRSC Nursing Assistant Program presentation with Dr. Knall</p>	<p>** Class 9:30 am Breastfeeding w/Mary Becker</p> <p>** 1:00 PM Clase de español</p> <p>** Class 5:30 PM Big Belly Mommy Hacks</p>	<p>Class – 2:00 pm Parenting Class - Teaching Patience</p>	
12	13	14	15	16	17	18
	<p>Class – 2:00 pm Pregnancy Series 1st Trimester</p>	<p>Nutrition ** Class 10:30 am Spanish ** Class 11:30 am English</p> <p>** Class 5:30 PM Newborn Sickness</p>	<p>1:30 PM Introductions & Options in labor and delivery</p>	<p>** Class 11:00 am Healthy Start: Labor Part 1 (2nd & 3rd Tri)</p> <p>** 1:00 PM Clase de español</p> <p>** Class 5:30 PM MidFlorida Money Management Presentation</p>	<p>Class – 2:00 pm Anger Management & Preventing Abusive Head Trauma</p>	
19	20	21	22	23	24	25
	<p>Class – 2:00 pm Pregnancy Series 2nd Trimester</p>	<p>Nutrition ** Class 10:30 am Spanish ** Class 11:30 am English</p> <p>** Class 5:30 PM Preterm Labor</p>	<p>1:30 PM Car Seat Safety</p>	<p>** Class 11:00 am Healthy Start: Labor Part 2 (2nd & 3rd Tri)</p> <p>** 1:00 PM Clase de español</p> <p>** Class 5:30 PM Emotions of Pregnancy</p>	 <p>Class – 2:00 pm Parenting Class - Preschool Readiness</p>	
26	27	28	29	30	31	1
	<p>Class – 2:00 pm Pregnancy Series 3rd Trimester</p>	<p>Nutrition ** Class 10:30 am Spanish ** Class 11:30 am English</p> <p>** Class 5:30 PM Newborn Care</p>	<p>1:30 PM Your Unborn Baby's Secret World & Window to the Womb</p>	<p>** Class 11:00 am Healthy Start: Baby's Here; CPR</p> <p>** 1:00 PM Clase de español</p> <p>** Class 5:30 PM Immunizations</p>	<p>Class – 2:00 pm 1st Time Moms English</p>	

In order to attend classes, reservations are **REQUIRED!**

** - Denotes multiple classes on that day.

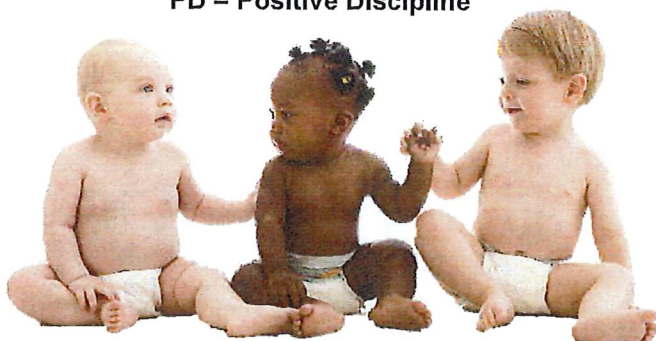


PREGNANCY & PARENTING CLASSES AVAILABLE

# of Min.	Baby's First Year	Date Completed
20	3 - 6 Month Milestones	
15	6 - 9 Month Milestones	
13	12 Month Milestones	
22	12-15 Month Milestones	
22	24-36 Month Milestones	
26	Baby on the Move	
45	Brain Baby: Learn & Play	
22	Childhood Nutrition v.1 Babies	
22	Childhood Nutrition v.2 Toddlers	
24	EHC v.1	
22	EHC v.2 Toddlers	
22	EHC v.3 Preschool	
10	Eye Contact Means Love	
15	Food for Growth	
37	Happiest Baby on the Block	
	Happiest Toddler on the Block	
10	Infant Care	
47	Infant Massage	
	Infant Nutrition	
	Infant Temperament	
20	Learning Through Play	
40	My Baby Can Talk-Learning Signs	
15	Newborn Milestones	
25	Newborn Sickness	
25	Newborn Sickness (1st 12 Months)	
19	Parent-Child Relationship	
	Parenting with Respect	
25	PD v.1 Birth - 12 months	
24	PD v.2 Toddlers	
27	PD v.3 Preschool	
30	Ready to Learn	
13	The Importance of Bonding	
25	Toilet Training	
24	Understanding Baby's Cry, Part 1	
13	Understanding Baby's Cry, Part 2	
24	Your Baby Can Sleep	
15	Your Baby's Development	
	Your Healthy Baby	

Parenting Classes	Date Completed
6-12 Milestones	
12-36 Months	
12-24 Milestones	
5 Love Languages	
Alternatives to Spanking	
Bonding with Your Baby	
Budget Basics	
Bullying	
Christmas Fun	
Conflict Resolution	
Early Brain Development	
Encouragement & Praise	
Habits of Happy Moms	
Halloween Fun	
How Babies Communicate	
How Media Affects Your Child	
How Toddler Learns	
Importance of Routine	
Manners & Conversation Skills	
Meal Planning	
Mom Traps	
Multiple Intelligences	
Nurturing Bath Time Routines	
Nurturing Sleep Routines	
Potty Training	
Preventing Abuse	
Q&A from the Question Jar	
Raising Adults	
Resolutions	
Setting Limits	
Stress Management	
Stressed or Blessed?	
Summer Fun	
Summer Safety	
Teaching Patience	
Thanksgiving Fun	
The Importance of Playing	
Time Management	
Toddler Anger	
Top 10 Parenting Challenges	
Traits of Strong Families	
When Sleep Routines Change	
Winter Safety	
Winter Safety	
Your Child's Imagination	
Your Child's Temperament	
Your Eating Shadow	
Your Parenting Style	
Your Strong-Willed Child	
Your Toddler's Sweet Tooth	

EHC = Emotionally Healthy Children
 PD = Positive Discipline





PREGNANCY & PARENTING CLASSES AVAILABLE

# of Min.	Pregnancy	Date Completed
30	1st Trimester	
30	2nd Trimester	
30	3rd Trimester	
	Baby's Home Now What?	
20	Being a Super Mom	
30	Big Belly Mom Hacks	
40	Bonding With Your Unborn Baby	
23	Caring for Yourself	
37	Dad Difference ~ Baby Basics	
35	Dad Difference ~ Involved	
15	Eating for 2	
26	Emotions of Pregnancy	
100	Get Ready for Baby	
26	Going it Alone	
31	Healthy Steps for Teen Parents 1	
32	Healthy Steps for Teen Parents 2	
32	Healthy Steps for Teen Parents 3	
10	Infant Care	
15	Interventions & Labor	
20	Introduction & Options	
40	L&L Childbirth	
	L&LNC - Baby Supplies You Need	
	L&LNC - Diaper Change & Dressing a NB	
	L&LNC - Diapering & Dressing a 3 Mth Old	
	L&LNC - Swaddling	
	L&LNC -The Sponge Bath	
	L&LNC The Tub Bath	
17	Mommy Work	
	Mother and New Baby Care	
20	Moving Through Labor	
34	Newborn Care ~ 1st 6 weeks	
	Newborn Care 101	
36	Planned Cesarean	
25	Postpartum Depression	
101	Prenatal Care	
17	Preterm Labor	
17	The Basics of Newborn Care	
1.5	Up Express	
35	What to Expect	
12	Window to the Womb	
31	Your Changing Body	
12	Your Developing Baby	
26	Your Healthy Baby	
16	Your Unborn Baby's Secret World	

# of Min.	Breastfeeding	Date Completed
	Breast Pumps & Briefcases	
28	G & B of Breastfeeding	
15	Getting Enough Milk	
8	Growth Spurts & Essentials	
35	***L&L about Breastfeeding	
32	Returning to Work Part 1	
32	Returning to Work Part 2	
	SB: Ch 2, 3, & 4	
	SB: Ch 5, 6, & 7	
	SB: Ch 8, 9, & 10	
	SB: Ch 11, & 12	
24	Techniques & Good Latch	
	Group Class w/ Mary Becker	

G&B = Goals & Benefits
 L&LNC = Laugh & Learn Newborn Care
 SB = Simply Breastfeeding

# of Min.	Safety	Date Completed
	**Car Seat Safety	
	Domestic Violence	
	Immunizations	
	Infant CPR	
	Pediatric Emergencies	
	Preventing Abusive Head Trauma	
	Preventing Child Sexual Abuse	
	Quality Child Care	
	Routine Illnesses	
	Safety Starts at Home	
	Saving Babies Life	
	Shaken Baby Syndrome	
	*SIDS:Sudden Infant Death Syndrome	
	Smoking, Alcohol, Drugs & Pregnancy	
	What's Safe, What Isn't	
	You Can QUIT!	

*Class Required to Receive a Crib
 **Class Required to Receive a Car seat
 *** Class Required to Receive a Breast Pump

