

# AUGUST 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="center"><b>PLEASE turn over and read full descriptions</b></p> <p>Your next appointment will be:</p> <p><input type="checkbox"/>SCN - Screening / recertification    <input type="checkbox"/>THL- Take home lesson/online</p> <p><input type="checkbox"/>MC - Mid-certification                      <input type="checkbox"/>Class - next class contact</p> <p><input type="checkbox"/>MOM 2 MOM</p>				1	2	CLASS & SCN 3
				SCN ALL DAY	SCN ALL DAY 8AM – 5PM	9AM BF39 BREASTFEEDING 10AM IF76 ALL INFANT 11AM BF39 BREASTFEEDING 12PM FE ALL THL 8AM - 1:30PM
4	5	6	7	8	9	10
	SCN ALL DAY	SCN ALL DAY	NATIONAL BREASTFEEDING DAY CELEBRATION	SCN ALL DAY	SCN 8AM – 2PM	CLOSED
11	12	13	AM SCN 14	15	16	17
	SCN ALL DAY	SCN ALL DAY	1:15PM IF14 INFANT (7-12) 2PM FE74 ALL 3PM IF76 ALL INFANT 4PM PN10 ALL THL 1PM-4:30PM	SCN ALL DAY <b>HD MEETING @ 4PM</b>	SCN 8AM – 2PM	CLOSED
18	19	AM SCN 20	21	22	23	24
	SCN ALL DAY	2:15PM IF76 ALL INFANT 3PM CH26 CHILD 4PM BF39 BREASTFEEDING 5:15PM IF14 INFANT (7-12) 6PM FE ALL THL 8:30AM-11:30AM THL 1:15PM – 6:30PM	SCN ALL DAY	SCN ALL DAY	SCN 8AM - 2PM	CLOSED
25	26	27	28	29	30	31
	SCN ALL DAY	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED INVENTORY STAFF MEETING</b>	

**Remember; always bring your WIC EBT Card, in order to get your benefits.  
You will need to come in during the last month you have benefits on your card.  
If you lose your WIC EBT Card, please call your WIC Office @ 325-692-1680**

### **Screening (SCN)**

Once a year Children under 5 years old are required to have a screening to continue receiving WIC benefits. Please call the WIC clinic anytime **during the month specified** to schedule an appointment (**given on availability**).

#### **What to Bring:**

1. Person being screened or recertified
2. Proof of Identification
3. Proof of Address (cannot be WIC mail, personal or P.O. Box)
4. Proof of Income or Current Medicaid Card

### **Mid-Certification**

Every 4-8 months after screening  
Child must come in for a health assessment.

Please call the WIC clinic anytime during **the month** specified to schedule an appointment (given on availability)

#### **What to Bring:**

1. Child
2. WIC EBT Card

### **Class Description**

BF-39 Breastfeeding every ounce counts! Benefits of Breastfeeding for Baby and Mom

BF-034-01 MOM 2 MOM—Provides breastfeeding information and support.

IF-000-14 Weaning from the bottle (7-12)

IF-07616 Feeding Infant, Birth through 12 Months (ALL INFANTS)

PN-000-10 Diet and Women's Health – Feeling Great Post-Partum

CH-000-26 Real Fun Together: Play Together/CH00028 Real Fun Together: Grow Together

FE-074-01 Easy Menu Planning & Grocery Shopping

GN-34-03 Cooking Class – WIC Family Style Café – call to RSVP before attending

### **Take Home Lesson (THL)**

**Online – info: [www.texaswic.org](http://www.texaswic.org)**

**Talk, read and have fun!**

**Self-pace lessons**

**With the THL you must come in to the office (on dates specified on calendar) to turn in your lesson and get your benefits loaded. They do not load automatically after you have done the lesson.**

### **How to Use your Appointment Calendar**

There are three class contact methods. Your enrollment status will determine your method of attending class. First time parents are strongly encouraged to attend the infant feeding classes offered at the WIC clinic. Pregnant and Breastfeeding women are offered breastfeeding classes and MOM 2 MOM. Parents of children are offered child classes or general nutrition classes. Postpartum women are offered post- partum mom class or general nutrition classes. If your calendar has circled times and dates, you can chose to attend one of these circled classes during that month. If you were given the choice, by your nutritionist, to complete a "take home lesson"/Online Lesson (THL), you can return your paper for the THL/Online Lesson, during the specified dates and times on the Calendar.

**Please bring your WIC card to ALL appointments.**