

The Family Birth Center

Your pregnancy is a special time, and your health is our top priority.

2019

EDUCATION CLASSES

Classes are complimentary and held in the Conference Room or Cafeteria.



Maternity Center Tours + Open House

First Thursdays

Each month, expectant moms can pre-register, receive information and tour the facility. Parents-to-be can participate in a raffle, too. Fun for parents-to-be, but not adequate for children.

Time: 7pm - 9pm

Location: Cafeteria

Dates: Jan. 3; Feb. 7; Mar. 7; Apr. 4; May 2; Jun. 6; Jul. 5 (Fri.); Aug. 1; Sep. 5; Oct. 3; Nov. 7; Dec. 5

Childbirth Education

A childbirth class is a great way to prepare for your baby's birth. This is a **2-day**, 2-hour (ea. day) workshop for a **total of 4 hours** of instruction including:

- Techniques for pain management
- Signs of labor—true and false symptoms
- Medical procedures and your options
- Fit for labor and delivery—effective positions and breathing
- And so much more!

Schedule your classes during the third trimester, but book early, as classes are popular and fill up quickly. Register for **both classes** within the month you select.

Time: 6pm - 8pm, 2 days

Location: Main Conference Room

Dates: Jan. 22 & 29; Feb. 19 & 26; Mar. 19 & 26; Apr. 23 & 30; May 21 & 28; Jun. 18 & 25; Jul. 23 & 30; Aug. No Class; Sep. 17 & 24; Oct. 15 & 22; Nov. 19 & 26; Dec. No Class

Breastfeeding + Baby Basics

Third Thursdays

Breastfeeding is best for your baby, and it's good for your health, too. Join us to start, solve and succeed in safe breastfeeding techniques for moms. You will also learn about:

- Bathing
- Feeding
- Diaper change
- Swaddling
- Safety
- Jaundice

Time: 6pm - 8pm

Location: Main Conference Room

Dates: Jan. 17; Feb. 21; Mar. 21; Apr. 18; May 16; Jun. 20; Jul. 18; Aug. No Class; Sep. 19; Oct. 17; Nov. 21; Dec. No Class



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ENROLL ONLINE or
CONTACT US TO ENROLL
909-599-6811, ext. 2311

We also offer individual tours

Member of Prime Healthcare