

# Childbirth education class schedule

---

## Live Zoom Prenatal Class Series

This live Zoom comprehensive four-week course provides an in-depth understanding of the labor and birthing experience from pre-labor signs, to early labor, active labor, transition, pushing, and delivery of baby. You will interact with families in our live Zoom class to think through the evidence-based research that is taught. Our instructors will show you several relaxation techniques and comfort measures including breathing, massage and positioning. A virtual tour is included during the last class of this prenatal series. You will leave this class feeling confident to put together your desired birth plan. *Optional, but not required: a birthing/exercise ball.* **FREE!**

**Mondays, 6:00-8:00 p.m.**

**Sessions 1-5:**

- |                               |                             |
|-------------------------------|-----------------------------|
| 1 – Jan 4, 11, 18, 25         | 2 – Feb 8, 15, 22; Mar 1    |
| 3 – March 15, 22, 29; April 5 | 4 – April 19, 26; May 3, 10 |
| 5 – June 7, 14, 21, 28        |                             |

## Online Prenatal Class

From the comfort of your own home, you can explore our comprehensive course that provides an in-depth understanding of the labor and birthing experience from pre-labor signs, to early labor, active labor, transition, pushing, and delivery of baby. At your own pace during the course, you will read through the evidence-based research and learn several relaxation techniques and comfort measures including breathing, massage and positioning.

**\*Note this class has a \$40 fee.**

**Class session start dates are the first Thursday of each month**

**Sessions 1-6:**

- |               |                |
|---------------|----------------|
| 1 – January 7 | 2 – February 4 |
| 3 – March 4   | 4 – April 1    |
| 5 – May 6     | 6 – June 3     |

## Live Zoom Fast Track Prenatal Class

This live Zoom single session class provides the basics of the labor and birthing experience from pre-labor signs, to early labor, active labor, transition, pushing, and delivery of baby. Our instructors will introduce you to some relaxation techniques and comfort measures including breathing, massage and positioning. A tour is included during the conclusion of the course. A virtual tour is included. You will leave this class feeling confident to put together your desired birth plan. *Optional, but not required: a birthing/exercise ball.*

**\*Note this class has a \$40 fee.**

**2nd Saturday of each month, 9 a.m.-3 p.m.**

- |           |             |
|-----------|-------------|
| January 9 | February 13 |
| March 13  | April 10    |
| May 8     | June 12     |

## Live Zoom Boot Camp for New Dads

Facilitators guide the class through the before, during and after baby arrival. Tips and suggestions are given throughout this live Zoom class. This class is to orient 'rookies' (fathers-to-be) on the realities of fatherhood. "Rookies". This class is highly interactive and one of the few solely focused on the dads-to-be. New dads, uncles and other male care givers are invited to attend.

**FREE!**

**1st Tuesday of each month, 6:30-8:30 p.m.**

- |           |            |
|-----------|------------|
| January 5 | February 2 |
| March 2   | April 6    |
| May 4     | June 1     |

## Live Zoom Breast-feeding Essentials

This live Zoom single session class helps both mom and partner learn about the art of providing the best nutrition to your baby. You will learn the most up-to-date information needed for successful breast-feeding such as benefits, preparing during pregnancy, and what to expect in the hospital when baby is born including the first feeding, positions, hunger cues, along with supply and demand. An introduction to pumping will also be taught. **FREE!**

### 2nd Tuesday of each month, 6:00-8:00 p.m.

January 12	February 9
March 9	April 13
May 11	June 8

## Live Zoom Postpartum Adjustments

A childbirth educator will share the physical, emotional and intellectual changes that occur postpartum, for both mom and partner, such as baby blues or postpartum depression.

**FREE!**

### Tuesdays

March 30	June 29
----------	---------

## Virtual Doula Certification Workshop

This live, virtual Zoom doula certification training (2 days) will provide the hands-on education and skills that can enable you to facilitate the expectant parent's mental and physical preparation for pregnancy, labor, birth, and parenthood. During this course, participants will practice and demonstrate labor-enhancing comfort measures, understand the physical and emotional progression of labor, identify the impact that doulas have on the lives of families served, and evaluate and identify opportunities for starting a rewarding doula business. The training promotes the concept of the birth doula as an advocate of the natural process of childbirth and the right of the expectant parent to make informed decisions based on their knowledge of alternatives. *\*No specific background information is required\**

### 9 AM - 5 PM each day

January 25 and 26	March 8 and 9
May 17 and 18	