

BREASTFEEDING*

THIS CLASS WILL PREPARE YOU FOR BREASTFEEDING AND HELP YOU MAKE IT A POSITIVE EXPERIENCE FOR YOU AND YOUR BABY. PLEASE BRING YOUR SUPPORT PERSON TO CLASS. PRE-REGISTRATION IS REQUIRED.

COST: \$30 *
LOCATION: AUDITORIUM
TIME: 10-12 NOON

DATES: JAN 20
MAR 10
APR 14
JUN 9
JUL 14
SEP 15
OCT 13
DEC 8

* SAVE \$10 WHEN YOU ENROLL IN BOTH BREASTFEEDING & BABY CARE BASICS
COST \$50



TO SIGN UP FOR CLASSES CALL 818-409-8192

BABY CARE BASICS*

THIS IS A GREAT CLASS FOR NEW PARENTS AND PARENTS WHO WANT TO BRUSH UP ON THEIR INFANT CARE SKILLS. LEARN ABOUT BATHING, FEEDING, TAKING A TEMPERATURE AND OTHER TIPS TO MAKE YOU FEEL COMFORTABLE IN CARING FOR YOUR INFANT. PRE-REGISTRATION IS REQUIRED.

COST: \$30 *
LOCATION: AUDITORIUM
TIME: 12:30-2:30 PM

DATES: JAN 20
MAR 10
APR 14
JUN 9
JUL 14
SEP 15
OCT 13
DEC 8

NURTURING THE NEW MOTHER

THIS CLASS IS FOCUSED ON THE HEALTH & WELL BEING OF THE NEW MOTHER. LEARN HOW TO TAKE CARE OF YOURSELF DURING THE FOURTH TRIMESTER.

COST: \$25 (FEE INCLUDES THE MOTHER AND HER SUPPORT PERSON)

LOCATION: COMMITTEE ROOM C

TIME: 1PM TO 3PM

DATES: **SUNDAY, Oct 20**
SUNDAY, Nov 17
THURSDAY, Dec 5 (6-8PM)

SIGN UP TO THE WAITLIST

MATERNITY TOUR

EXPECTANT PARENTS TOUR THE LABOR & DELIVERY AREA. LEARN HOW TO PRE-REGISTER AT THE HOSPITAL AND RECEIVE FREE GIFTS AND INFORMATION AT THIS SINGLE SESSION. SPACE IS LIMITED. PRE-REGISTRATION IS REQUIRED.

COST: FREE
LOCATION: L/D LOBBY
TIME: 6 PM-8PM (TUESDAYS)

**EVERY TUESDAYS EXCEPT:
DEC 24 AND 31**

INFANT SAFETY & CPR**

THIS IS A GREAT CLASS FOR NEW PARENTS OR PARENTS WHO WANT TO LEARN BASIC INFANT CPR. IT ALSO INCLUDES A WIDE RANGE OF TIPS AND BEST PRACTICES FOR GIVING YOUR INFANT A SAFE AND HEALTHY HOME. PRE-REGISTRATION IS REQUIRED.

COST: \$40**
LOCATION: AUDITORIUM
TIME: 1 PM-4 PM

DATES: JAN 27
FEB 24
MAR 24
APR 23 (4-7PM)
MAY 21 (4-7PM)
JUN 11 (4-7PM)
JUL 21
AUG 25
SEP 22
OCT 27
NOV 13 (4-7PM)
DEC 15

****COST: FREE FOR NICU PARENTS**

CHECK OR CASH ONLY

ONE-DAY CHILDBIRTH PREP

THIS CLASS PREPARES NEW PARENTS FOR THEIR CHILDBIRTH JOURNEY. TOPICS INCLUDE: SIGNS OF LABOR, STAGES OF LABOR, WHAT TO BRING TO THE HOSPITAL, NATURAL PAIN MANAGEMENT, BREATHING, C-SECTIONS, PAIN CONTROL OPTIONS, POSTPARTUM HEALING FOR MOM & MORE. IT IS IDEAL TO TAKE THE CLASS WELL BEFORE YOU ARE NEAR YOUR DUE DATE, PREFERABLY IN YOUR SECOND TRIMESTER WHEN YOU ARE MORE LIKELY TO FEEL YOUR BEST. PRE-REGISTRATION IS REQUIRED.

COST: \$70
LOCATION: AUDITORIUM
TIME: 10 AM-4 PM

DATES: JAN 6
MAR 3
APR 7
JUN 2
JUL 7
SEP 8
OCT 6
DEC 1