

## 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 12  
FEB 9  
MAR 8  
APR 5  
MAY 3  
JUN TBD  
JUL 12  
AUG 2  
SEP 6  
OCT 4  
NOV 1  
DEC 6

\* 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 12  
FEB 9  
MAR 8  
APR 5  
MAY 3  
JUN TBD  
JUL 12  
AUG 2  
SEP 6  
OCT 4  
NOV 1  
DEC 6

## 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 TUESDAY EXCEPT:**

**DEC 22 AND 29**

## 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**

**LOCATION: COMMITTEE ROOM C**

**TIME: 1PM TO 3PM**

DATES: JAN 19  
FEB 16  
MAR 15  
APR 19  
MAY 17  
JUN 14 \*  
JUL 19  
AUG 16  
SEPT 20  
OCT 18  
NOV 15  
DEC 20

## 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 5  
FEB 2  
MAR 1  
APR 19  
MAY 17  
JUN 7  
JUL 5  
AUG 9  
SEP 13  
OCT 11  
NOV 8  
DEC 13

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

## 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

CHECK OR CASH ONLY