

Obstetrics and Gynecology Department

Instructors for the following courses are Nurse Practitioners who are also certified childbirth educators. Courses will be held in the reception area on the second floor of Christie on University. Please call 366-1255 to reserve your space in a class. We suggest you reserve a space in the Childbirth Preparation classes by your fifth month of pregnancy, planning to finish at least four weeks before your due date.

***If the weather is bad, your instructor will get in touch with you and set up another day for class**

Childbirth Preparation

This class is designed for first-time mothers and their partner. Participants will learn how to help their labor be more efficient and less painful. The final months of pregnancy, the birth process and relaxation and breathing techniques are all discussed in these classes.

We encourage you to bring a support person who can help you practice at home and eventually coach you during actual labor. Please bring several pillows and dress comfortably since you will be on the floor for much of the class.

Saturday Classes Only—*Main Clinic, University Avenue-2nd Floor

8:30 a.m. to 4:30 p.m. as listed below:

January 7 th	January 21 st
February 4 th	February 18 th
March 4 th	March 18 th
April 8 th	April 22 nd
May 6 th	May 20 th
June 10 th	June 24 th
July 8 th	July 22 nd
August 12 th	August 26 th
September 9 th	September 23 rd
October 7 th	October 21 st
November 4 th	November 18 th
December 2 nd	December 16 th

No class is too big or too small, come join us!!

Breastfeeding Class

During this class, participants will learn how to breast-feed their infants and review the physiology of milk production. Common problems that mothers may encounter during breast-feeding and strategies for resolving them will be discussed.

Tuesday Evening Classes Only--*Windsor Clinic-Education Room, Corner of Mattis and Windsor

6:00 pm – 8:00 pm as listed below:

January 3 rd	February 8 th
March 8 th	April 4 th
May 2 nd	June 6 th
July 5 th	August 1 st
September 5 th	October 3 rd
November 7 th	December 6 th