

Childbirth Basics

This free four (4) week class series is designed for mothers of all ages. The class will help you understand pregnancy and prepare for birth and beyond. Participants learn about body changes, childbirth, coping options for labor, and postpartum recovery. Feel free to bring a support person.

These four-week class series are at the Borgess Lawrence Education Center in rooms 123/124:

- Weds – July 8, 15, 22, and 29 – 6:30 to 9:00 PM
- Thurs – Aug 20, 27, Sept. 3, and 10 – 10:30 to 1:00 PM
- Mon – Sept. 7, 14, 21, and 28 – 6:30 to 9:00 PM
- Mon – Nov 2, 9, 16, and 23 – 6:30 to 9:00 PM

These four-week class series are at the Caring Network (1441 South Westnedge):

- Wed – Oct 7, 14, 21, and 28 – 3:30 to 6:00 PM
- Tues – Nov 3, 10, 17, and 24 – 10:30 to 1:00 PM

Bringing Up Baby

This free two (2) week class series is designed to help pregnant moms, parents and caregivers learn how to care for their new little one. Topics include: what to expect right after birth, sleep, bathing, infant communication, safety proofing, sick babies, car seats, and dental health. Bring all those difficult questions with you and a support person if you'd like.

These two-week class series are at the Borgess Lawrence Education Center in rooms 123/124:

- Mon – Aug 10 and 17 – 6:30 to 9:00 PM
- Tues – Sept 15 and 22 – 10:30 to 1:00 PM
- Mon – Oct 12 and 19 – 6:30 to 9:00 PM

These two-week class series are at the Caring Network (1441 South Westnedge):

- Thurs – July 16 and 23 – 3:30 to 6:00 PM
- Weds – Nov 11 and 18 – 3:30 to 6:00 PM
- Weds – Dec 2, and 9 – 10:30 to 1:00 PM

Breastfeeding

Are you interested in breastfeeding? Come learn about what it entails. We will discuss what to expect the first few weeks and beyond, milk production, proper latch, pumping and other topics. These free, one-time classes are designed to provide you with the information you need to succeed. **Individual consultations are available upon request!**

These classes are at the Borgess Lawrence Education Center Rooms 123/124:

- Weds – July 23 – 10:30 to 1:00 PM
- Tues – Aug 18 – 6:30 to 9:00 PM
- Weds – Nov 4 – 6:30 to 9:00 PM

These classes are at the Caring Network (1441 South Westnedge):

- Weds – Sept. 23 – 3:30 to 6:00 PM
- Weds – Oct. 28 – 10:30 to 1:00 PM



Can't make a class? Call us to sign up for a one-on-one session(s). We offer individual classes for teen moms. Call us today to learn more or register. All classes are free to attend. Snacks and small gifts are provided to attendees!