

HALIFAX HEALTH - CENTER FOR WOMEN & INFANT HEALTH

2026 Childbirth Education Classes

Please attend classes with a support person.

Register online at: halifaxhealth.org/ob

For more information visit halifaxhealth.org/ob or call 386.425.BABY

If you need any of the auxiliary aids or services identified in the Americans with Disabilities Act, please call at least two business days prior to program.



HALIFAX HEALTH
CENTER FOR WOMEN
& INFANT HEALTH

Understanding Birth Complete and Newborn Care Series

Class Fee: FREE for 4-Week Series; **Location:** France Tower, Meeting Rooms

Join us for a four week series to help prepare you for the labor and delivery process. The first three weeks will cover labor and delivery preparations, including warning signs, the labor process, comfort techniques, medical procedures, pain control and family centered cesarean births. The last week you will learn how to care for your newborn once home. This series is led by a certified childbirth educator and **includes a tour of the labor and delivery unit.**

Date	Time	Date	Time
Tuesday, January 6, 13, 20, 27	6:00 - 9:00 pm	Tuesday, July 7, 14, 21, 28	6:00 - 9:00 pm
Tuesday, February 3, 10, 17, 24	6:00 - 9:00 pm	Tuesday, August 4, 11, 18, 25	6:00 - 9:00 pm
Tuesday, March 3, 10, 17, 24	6:00 - 9:00 pm	Tuesday, September 1, 8, 15, 22	6:00 - 9:00 pm
Tuesday, April 7, 14, 21, 28	6:00 - 9:00 pm	Tuesday, October 6, 13, 20, 27	6:00 - 9:00 pm
Tuesday, May 5, 12, 19, 26	6:00 - 9:00 pm	Tuesday, November 3, 10, 17, 24	6:00 - 9:00 pm
Tuesday, June 2, 9, 16, 23	6:00 - 9:00 pm		

HALIFAX HEALTH 

Live your life well.

0108-0053

Understanding Birth Express Class

Class Fee: FREE; **Location:** France Tower, Meeting Rooms

Join us for this Saturday express class on preparations for labor. This series is led by a certified childbirth educator.

Date	Time	Date	Time
Saturday, January 3	10:00 am - 5:00 pm	Saturday, July 11	10:00 am - 5:00 pm
Saturday, February 21	10:00 am - 5:00 pm	Saturday, August 1	10:00 am - 5:00 pm
Saturday, March 7	10:00 am - 5:00 pm	Saturday, September 5	10:00 am - 5:00 pm
Saturday, April 4	10:00 am - 5:00 pm	Saturday, October 3	10:00 am - 5:00 pm
Saturday, May 2	10:00 am - 5:00 pm	Saturday, November 7	10:00 am - 5:00 pm
Saturday, June 6	10:00 am - 5:00 pm		

Breastfeeding Support Groups

Class Fee: FREE

An opportunity to meet with a lactation consultant, weigh your baby and have real discussions with other moms.

Location/Instructor	Time
Port Orange Family YMCA, Healthy Living Center	Tuesdays weekly, 10:00 am - 12:00 pm
Ormond Beach Family YMCA, Healthy Living Center	Wednesdays weekly, 10:00 am - 12:00 pm

Newborn Care Class

Class Fee: FREE; **Location:** France Tower, Meeting Rooms

Join us for a class on newborn basics. In this class you will learn how to care for and soothe your newborn as well as what to do for a choking baby and infant CPR. This class is great for those adopting or grandparent caregivers, as well as parents who need a refresher course.

Date	Time	Date	Time
Tuesday, January 27	6:00 - 9:00 pm	Tuesday, July 28	6:00 - 9:00 pm
Tuesday, February 24	6:00 - 9:00 pm	Tuesday, August 25	6:00 - 9:00 pm
Tuesday, March 24	6:00 - 9:00 pm	Tuesday, September 22	6:00 - 9:00 pm
Tuesday, April 28	6:00 - 9:00 pm	Tuesday, October 27	6:00 - 9:00 pm
Tuesday, May 26	6:00 - 9:00 pm	Tuesday, November 24	6:00 - 9:00 pm
Tuesday June 23	6:00 - 9:00 pm		

Labor and Delivery tours are held Thursdays at 2:00 pm.

Breastfeeding Class

Class Fee: FREE; **Location:** France Tower, Meeting Rooms

If you are choosing to breastfeed your baby you may have a number of questions like, “How do I know if my baby is getting enough?” and “What are the benefits of breastfeeding?” All of these topics and more are covered in our three and a half hour class led by International Board Certified Lactation Consultants. You will learn positioning techniques, what to expect during the early days of breastfeeding, how to be prepared for breastfeeding at work and also discuss the best products to help during breastfeeding.

Please bring a baby doll (if available) to class. Support person encouraged to attend.

Date	Time	Date	Time
Monday, January 12	6:00 - 9:00 pm	Monday, July 13	6:00 - 9:00 pm
Monday, March 16	6:00 - 9:00 pm	Monday, September 28	6:00 - 9:00 pm
Monday, May 18	6:00 - 9:00 pm	Monday, November 16	6:00 - 9:00 pm

