

HALIFAX HEALTH - CENTER FOR WOMEN & INFANT HEALTH

# 2024 Childbirth Education Classes

**Please attend classes with a support person.**

**Register and make payment online at: [halifaxhealth.org/ob](https://halifaxhealth.org/ob)**

Following completion of online registration, you will receive a confirmation email.

**For more information visit [halifaxhealth.org/ob](https://halifaxhealth.org/ob) or call our maternity nurse navigator at 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.



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**HALIFAX HEALTH**  
CENTER FOR WOMEN  
& INFANT HEALTH

0108-0053

## Understanding Birth Complete and Newborn Care Series

**Class Fee:** \$40/couple for 4-Week Series; **Location:** France Tower, Meeting Room F

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 discomforts of pregnancy, 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.

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

**HALIFAX HEALTH**



Live your life well.



# Understanding Birth Express Class

**Class Fee:** \$40/couple; **Location:** France Tower, Meeting Room E

Join us for this Saturday express class on preparations for labor. When you sign-up for this class you can attend the Newborn Care Class on the fourth Wednesday of the month FREE of charge. This series is led by a certified childbirth educator.

Date	Time	Date	Time
Saturday, January 6	10:00 am - 5:00 pm	Saturday, July 6	10:00 am - 5:00 pm
Saturday, February 3	10:00 am - 5:00 pm	Saturday, August 3	10:00 am - 5:00 pm
Saturday, March 2	10:00 am - 5:00 pm	Saturday, September 7	10:00 am - 5:00 pm
Saturday, April 6	10:00 am - 5:00 pm	Saturday, October 5	10:00 am - 5:00 pm
Saturday, May 4	10:00 am - 5:00 pm	Saturday, November 2	10:00 am - 5:00 pm
Saturday, June 1	10:00 am - 5:00 pm	Saturday, December 7	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
Four Townes Family YMCA, Healthy Living Center	Wednesdays weekly, 2:00 - 4:00 pm
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:** \$25; **Location:** France Tower, Meeting Room F

Join us for a class on newborn basics. This class is included FREE of charge with the Understanding Birth Complete Class Series and the Understanding Birth Express Class. 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 23	6:00 - 9:00 pm	Tuesday, July 23	6:00 - 9:00 pm
Tuesday, February 27	6:00 - 9:00 pm	Tuesday, August 27	6:00 - 9:00 pm
Tuesday, March 26	6:00 - 9:00 pm	Tuesday, September 24	6:00 - 9:00 pm
Tuesday, April 23	6:00 - 9:00 pm	Tuesday, October 22	6:00 - 9:00 pm
Tuesday, May 28	6:00 - 9:00 pm	Tuesday, November 26	6:00 - 9:00 pm
Tuesday, June 25	6:00 - 9:00 pm		

## Breastfeeding Class

**Class Fee:** \$15; **Location:** France Tower, Meeting Room F

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 “Is breastfeeding really best for my baby?” 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.**

Date	Time	Date	Time
Monday, January 8	6:00 - 9:00 pm	Monday, July 15	6:00 - 9:00 pm
Monday, March 18	6:00 - 9:00 pm	Monday, September 16	6:00 - 9:00 pm
Monday, May 13	6:00 - 9:00 pm	Monday, November 18	6:00 - 9:00 pm

