



Childbirth Classes



Minckler Room at MRCH | Thursdays 5:30-7:30pm
Offered as a six-session series

1. Stages of Labor & Preparing for Birth

Jan 11th | Mar 1st | Apr 19th | Jun 7th | Aug 2nd | Sept 13th | Nov 1st

2. Comfort Measures & Relaxation

Jan 18th | Mar 8th | Apr 26th | Jun 14th | Aug 9th | Sep 20th | Nov 8th

3. Stages 2&3 Interventions in Labor

Jan 25th | Mar 15th | May 3rd | Jun 21st | Aug 16th | Sep 27th | Nov 15th

4. C-section & Infants in the Hospital

Feb 1st | Mar 22nd | May 10th | Jun 28th | Aug 23rd | Oct 4th | Nov 29th

5. Car Seats & Infant Care

Feb 8th | Mar 29th | May 17th | July 5th | Aug 30th | Oct 11th | Dec 6th

6. Breastfeeding & Postpartum Mother Care

Feb 15th | April 12th | May 24th | July 12th | Sept 6th | Oct 18th | Dec 13th



To sign-up call
(707) 822-1385

schedule available at
madriverrhospital.com