

2020

Mad River Birth Center

Childbirth Education

6 week class series

Preregistration is NOT required, just come!

Thursdays

from 5:30-7:30pm

In the Minkler Room

(Down the hall from the birth center entrance)

Suggested donation \$25/couple

- Preparing for birth
- Understanding labor
- Finding your baby's position
- When to call your doctor
- Caring for yourself in pregnancy & postpartum
- Comfort & coping techniques in labor
- What to expect in the hospital
- Dealing with the unexpected
- Caring for your newborn
- Breastfeeding
- and more...

2020 Series Schedule

Jan 9th-Feb 13th July 30th-Sept 3rd
Feb 27th-April 2nd Sept 17th-Oct 22nd
April 16th-May 21st Nov 5th-Dec 17th
June 4th-July 9th *(No class Nov 26th)*

Tours

of the Birth Center

2nd and 4th Thursday

& one Saturday/month

from 7:30-8:30 pm

Preregistration IS required!

Register by calling

the birth center at

(707) 826-8263



Mad River
Community
Hospital