

2020 Childbirth Classes at CPH

If you're an expectant parent, Central Peninsula Hospital's healthy pregnancy and childbirth classes are just for you.

Our classes are open to all expectant parents and/or support partners and are aimed at helping you understand how to have a healthy pregnancy, how to cope with physical and emotional challenges, and what to expect in labor. You can also learn about postpartum care for both mother and baby, and have any breastfeeding questions or concerns addressed.



Baby on the way?

Choose either a 1 Day session with extras or a 2 Week Session with extras

The cost is \$75 including extra optional classes on: Breastfeeding class and CPR & Car Seat Safety

Breastfeeding class
6:30 pm - 8:30 pm

1 Day Sessions
9:30 am - 3:30 pm

2 Week Sessions
6:30 pm - 8:30 pm

Infant CPR & Car Seat Safety
6:30 to 8:30pm

January 9

January 11

February 4, 6, 11

February 18

February 13

March 14

April 7, 9, 14

April 21

March 12

May 9

June 2, 4, 9

June 16

April 16

August 8

September 1, 3, 8

September 15

May 7

October 10

November 3, 5, 10

November 17

June 11

December 12

August 6

September 10

October 8

November 12

December 10

Breastfeeding Class:

Optional class available to any expectant parents in the community. This will be taught by Lactation consultant, Laura Williams IBCLC

CPR & Car Seat Safety ONLY:

Hands on Training available for all enrolled parent, past and present, may join the class for free. For others wishing to attend the CPR class only, the cost is \$5 - pre-registration required.



Questions? Call Prepared Childbirth line 714-4788