



Heads Up!

Childbirth Education now offered on Zoom



Our three-part class, from 6-8 pm, is focused on expectant parents that are preparing for the new arrival.

2022

January	10,12,17	July	No Classes
February	2,7, 9,	August	8,10,15
March	15,17, 22	September	12,14,19
April	4, 6,11	October	10,12,17
May	9,11,16	November	7, 9,14
June	13,15, 20	December	No Classes

2023 January 9,11,16

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 all about how to care for your newborn and have your questions answered about breastfeeding and other choices new parents face.

At Central Peninsula Hospital, our dedicated staff want to help new parents build confidence, experience a safe birth and make sure your questions about pregnancy, childbirth and parenting are answered.

Call 714-4470 for more information and to register for the class that best fits your schedule.

You can also find out what you need for your babies first Zoom meeting.

They grow up so quick don't they?

