



CHILDBIRTH

Education Classes

If you are 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 with the goal of helping parents understand how to have a healthy pregnancy, how to cope with physical and emotional challenges and what to expect during 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 parents build confidence, experience a safe birth, and make sure questions about pregnancy, childbirth and parenting are answered.



Our FREE three-part class is focused on expectant parents that are preparing for their new arrival.

Classes are held in the Denali Room at CPH. Space is limited, spots are offered on a first come, first serve basis.

Optional classes will include car seat safety and lactation.

JAN.

5:30 pm - 7:30 pm

MONDAY

Jan. 8th

TUESDAY

Jan. 9th

THURSDAY

Jan. 11th

**NO OPTIONAL
CLASS IN
JANUARY**

FEB.

5:30 pm - 7:30 pm

MONDAY

Feb. 5th

TUESDAY

Feb. 6th

THURSDAY

Feb. 8th

SATURDAY

Feb. 10th

OPTIONAL - 10:00 am

MAR.

5:30 pm - 7:30 pm

MONDAY

Mar. 4th

TUESDAY

Mar. 5th

THURSDAY

Mar. 6th

SATURDAY

Mar. 11th

OPTIONAL - 10:00 am

**Call 907.714.4470 for more information
or email familybirthcenter@cpgh.org**

Register online here:

