



central peninsula
**family birthing
center**

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.

| AUG. 5:30 pm - 7:30 pm | OCT. 5:30 pm - 7:30 pm | NOV. 5:30 pm - 7:30 pm |
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| MONDAY Aug. 5th | MONDAY Oct. 7th | MONDAY Nov. 4th |
| TUESDAY Aug. 6th | TUESDAY Oct. 8th | TUESDAY Nov. 5th |
| THURSDAY Aug. 8th | THURSDAY Oct. 10th | THURSDAY Nov. 7th |
| SATURDAY Aug. 10th OPTIONAL - 10:00 am | SATURDAY Oct. 12th OPTIONAL - 10:00 am | SATURDAY Nov. 9th OPTIONAL - 10:00 am |

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

Register online here:

