



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.

APRIL

5:30 pm - 7:30 pm

MONDAY

April 7th

TUESDAY

April 8th

THURSDAY

April 10th

SATURDAY

April 12th

OPTIONAL - 10:00 am

JUNE

5:30 pm - 7:30 pm

MONDAY

June 2nd

TUESDAY

June 3rd

THURSDAY

June 5th

SATURDAY

June 7th

OPTIONAL - 10:00 am

AUG.

5:30 pm - 7:30 pm

MONDAY

Aug. 4th

TUESDAY

Aug. 5th

THURSDAY

Aug. 7th

SATURDAY

Aug. 9th

OPTIONAL - 10:00 am

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

Register online here:

