

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.

central peninsula hospital

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

Classes are held at Central Peninsula Hospital. Space is limited, spots are offered on a first come, first serve basis.

OCTOBER 2026

Childbirth Education
Friday, October 9th | Noon - 4:00 p.m.

Lactation & Car Seat Safety
Friday, October 9th | 4:30 p.m. - 6:30 p.m.

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

Register online here