

**Monday, April 7**

- Childbirth Education Classes - 6:00pm

**Thursday, April 10**

- Cancer Support Group - 2:00pm

**Thursday, April 24**

- Cancer Support Group - 2:00pm

**Saturday, April 26**

- Health Hub Saturday - 10:00am

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**Childbirth Education Classes**

**Time:** 6:00pm



**Congratulations, you are having a baby!**

This is such an exciting time for new parents. Taking a childbirth class can help you feel more prepared for the upcoming birth and beyond. Each class series has four (4) classes that cover topics such as:

- What to expect in your third trimester
- Labor comfort measures
- Medical procedures
- Newborn care
- Breastfeeding
- Car seat safety

- Post-partum depression

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**Schedule: 4-week classes** - Mondays from 6 PM - 9 PM

**Childbirth Education Class: April 7 – April 28** | 6:00 PM - 9:00PM

- Monday April 7<sup>th</sup> | Childbirth Class 1
- Monday April 14<sup>th</sup> | Childbirth Class 2
- Monday April 21<sup>st</sup> | Newborn Care
- Monday April 28<sup>th</sup> | Breastfeeding

**Childbirth Education Class: June 9 - June 30** | 6:00 PM - 9:00PM

- Monday June 9<sup>th</sup> | Childbirth Class 1
- Monday June 16<sup>th</sup> | Childbirth Class 2
- Monday June 23<sup>rd</sup> | Newborn Care
- Monday June 30<sup>th</sup> | Breastfeeding

**Childbirth Education Class Aug. 11 - Sept. 8** | 6:00 PM - 9:00PM

- Monday Aug. 11<sup>th</sup> | Childbirth Class 1
- Monday Aug. 18<sup>th</sup> | Childbirth Class 2
- Monday Aug 25<sup>th</sup> | Newborn Care
- Monday Sept 8<sup>th</sup> | Breastfeeding

**Childbirth Education Class: Oct 27 – Nov 17** | 6:00 PM - 9:00PM

- Monday Oct 29<sup>th</sup> | Childbirth Class 1
- Monday Nov 3<sup>rd</sup> | Childbirth Class 2
- Monday Nov 10<sup>th</sup> | Newborn Care
- Monday Nov 17<sup>th</sup> | Breastfeeding

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**Payment:** \$85.00 due at the first-class session cash or check.

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**Things you need to know:**

- You should register for your class between 22 - 36 weeks of pregnancy.
- Class is for expecting mothers and their support person.
- Wear comfortable clothing.
- Park at the front of the hospital and enter through the main doors. Classroom is to your left, right of the Cafe.

***We are excited to help you get ready for this beautiful journey and welcome your child into the world.***

**Cancer Support Group**

**Time:** 2:00pm

For individuals in all stages of cancer needing support. Caregivers and family member welcome.

Please contact Lisa Boschee, Willamette Valley Cancer Foundation, for more information.

503-435-6592

**Health Hub Saturday**

**Time:** 10:00am

Connect with community resources and learn how to support your child's growth! As parents and grandparents, we all want the best for our children, and Willamette Valley Medical Center's Family Birthing Center is here to help.

- Car Seat Clinic
- Childbirth Class Information
- Birth Center Tours
- Bambinos - baby supplies and safety equipment
- Community Resources

Each month will feature a new service or resource for our local families. Come each month and expand your parenting skills.