

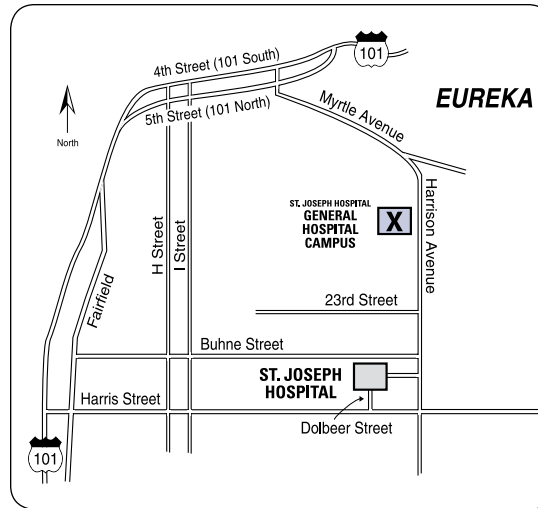
Infant Massage and Communication

This three week class teaches parents effective massage techniques to use with their babies. In addition, it teaches how to recognize and respond to infant cues, facilitation communication and bonding. Evening classes are available by appointment. Call 725-8788.

*First three Tuesdays of alternate months,
3:00 - 4:30*

Feb. 5 - 19
June 3 - 17
Oct. 7 - 21

Apr. 1 - 15
Aug. 12 - 26
Dec. 3 - 17



Fee Schedule

Free Classes: Hospital Orientation, Breastfeeding Support, Basic Infant/Child Life Support, and Infant Massage

Single Classes: Early Pregnancy, Sibling Preparation, Refresher Class, and Breastfeeding and Bagels. \$5 or Class Pass.

Class Pass: \$25 entitles attendance of Prepared Childbirth Classes, plus any single classes.

Pre-natal Yoga: by donation

No interested clients will be turned away for inability to pay - please see class instructor.

**To register for classes
call 269-3605**

Classes meet at the Burre Room (third floor) at the General Hospital campus, 2200 Harrison Avenue, Eureka (unless otherwise indicated).

**Class schedule also on-line:
www.stjosepheureka.org**



Childbirth Preparation & Related Classes 2008

offered by
the St. Joseph Hospital
Childbirth Center

Childbirth Center

St. Joseph Hospital 
ST. JOSEPH
HEALTH SYSTEM

A Ministry of the
Sisters of St. Joseph
of Orange

Prepared Childbirth

This six-week course is designed to prepare expectant couples for the emotional and physical aspects of childbirth. Comfort measures, relaxation, and breathing techniques are taught. Post-partum care and car seat-safety will be covered. Please bring pillows or mats.

Sundays 5:00 - 7:00 pm

Feb. 3 - Mar. 9	Mar. 30 - May 4
May 11 - Jun 22 (no class 5/25)	
Jul 13 - Aug. 17	Sep. 7 - Oct. 12
Oct. 26 - Nov 30	Dec. 7 - Jan. 25 (no class Dec. 28)

Mondays 6:30 - 8:30 pm

Feb. 11 - Mar. 17	Mar. 31 - May 5
May 19 - June 30 (no class May 26)	
July 14 - Aug. 18	Sep. 8 - Oct. 13
Oct. 27 - Dec. 1	Dec. 15 - Jan. 19.

Early Pregnancy

Class covers prenatal exercises, nutrition, comfort measures, community resources, and support for the exciting time ahead. Partners are encouraged to attend.

Quarterly, Second Tuesday of the month

6:30 - 8:30 pm

Feb. 12 May 13 Aug. 12 Nov. 11

Refresher Class

This is a class for families who have previously given birth. Labor review, comfort measures, and a long relaxation are included.

Third Tues. of each month, 6:30 - 8:30 pm.

Jan. 15	Feb. 19	Mar. 18	Apr. 15
May 20	June 17	July 15	Aug. 19
Sep. 16	Oct. 21	Nov. 18	Dec. 16

Sibling Preparation

This class is designed to help support young brothers and sister for the arrival of the new baby. Information will be shared on the birth process, sibling attachment, and newborn care. Class meets in the Childbirth Center Waiting Room at St. Joseph Hospital.

First Sat. of each month, 10:00 am - 12:00 pm

Jan. 5	Feb. 2	Mar. 1	Apr. 5
May 3	June 7	July 5	Aug. 2
Sep. 6	Oct. 4	Nov. 1	Dec. 6

Hospital Orientation

An in-depth look at the Childbirth Center at St. Joseph Hospital. Groups meet at the Childbirth Center Waiting room at St. Joseph Hospital.

Second Tues. of each month, 6:00 - 7:30 pm

Jan. 8	Feb. 12	Mar. 11	Apr. 8
May 13	June 10	July 8	Aug. 12
Sept. 9	Oct. 14	Nov. 11	Dec. 9

Fourth Sun. of each month (third Sun. in Mar., Nov. and Dec.), 3:00 - 5:00

Jan. 27	Feb. 24	Mar. 16	Apr. 27
May 25	June 22	July 27	Aug. 24
Sep. 28	Oct. 26	Nov. 16	Dec. 21

Basic Infant/Child Life Support

This class teaches the principals of infant and child resuscitation. Class is limited to eight people – pre-registration is recommended.

First Tues. of each month, 6:00 - 10:00 (second Tues. in Jan.)

Jan. 8	Feb. 5	Mar. 4	Apr. 1
May 6	June 3	July 1	Aug. 5
Sep. 2	Oct. 7	Nov. 4	Dec. 2

Breastfeeding and Bagels

A Certified Lactation Consultant will discuss the joys and challenges of breastfeeding. This is a great class to take before your baby arrives. This class will cover the how-to's of breastfeeding, common problems, working, and more. Partners are encouraged to attend. Pre-registration is required.

Second Sat. of each month, 10:30 am to 1:00 pm. (No class in July)

Jan. 12	Feb. 9	Mar. 8	Apr. 12
May 10	June 14	Aug. 9	Sep. 13
Oct. 11	Nov. 8	Dec. 13	

Breastfeeding Support Circle

Join other nursing moms and our Lactation Consultant in a discussion group for sharing and problem solving. Group meets in the Conference Room at 317 3rd St. in Eureka

Tuesdays, 10:00 am - 12:00 pm

Prenatal Yoga

A weekly class that can be joined at any point in pregnancy. Stretching, strengthening, and relaxation are taught to help prepare for labor. Bring a blanket or mat.

Fridays, 1:30 - 3:00

Teen Childbirth Preparation

A four-week series of classes presenting Childbirth Preparation for young women and their families.

Mondays every third month, 3:30 to 5:30

Jan. 7 - 28 Apr. 7 - 28 July 7 - 28 Oct. 6 - 27