**Five Week Comprehensive Class**

**($110 per couple – payment plans available)**

This course offers an in-depth look at the entire childbirth process to make you and your partner feel comfortable. Topics covered throughout the five week session includes signs of preterm labor, what to bring to your birthing center, pain medication options, Cesarean birth, postpartum, safe sleep, and infant CPR. Courses are typically held from 6 – 8 p.m.

**2015 Class Sessions:**

January 7 through February 4 • February 23 through March 23 • April 6 through May 4

*The following classes may be flexible to accommodate your schedule. If the datetime of the course isn’t quite right for you, please contact our instructor to discuss other arrangements.*

**Express Childbirth Class** ($100 per couple - **payment plans available)**

Two courses, both three hours in length - a great option for those with busy schedules, or those who need a refresher course!

 **Saturday, January 10 and Saturday, January 24 • 9 a.m.**

**or**

 **Thursday, March 5, and Thursday, March 12 • 5:30 p.m.**

**Just the Facts!** ($75 per couple)

Perfect as a refresher! One 3-hour class. Call to set up a time!

**Breastfeeding** ($25 per couple)

Topics covered include latching, position techniques, managing difficulties, going back to work, and pumping/storing milk. Course typically held 6-8 p.m.

**Sessions: February 11 • March 30 • May 11**

**Sibling Class** ($25 per family)

Help prepare your child(ren) for the arrival of their new sibling. Call to set up a time!