

WSNM 2019 Class Schedule

Prepared Childbirth & Breastfeeding Classes



CHILDBIRTH CLASSES: 2019
5 week classes include Baby Basics
 All Childbirth Classes include a Hospital Tour
 Cost: \$80 per couple

<i>Day</i>	<i>Time</i>	<i>Date</i>	<i>Location</i>
Monday	7:00p – 9:00p	January 7 – February 4	Downtown
	7:00p – 9:00p	February 25 - March 25	Downtown
	7:00p – 9:00p	April 15 – May 13	Downtown
	7:00p – 9:00p	June 3 – July 1	Downtown
	7:00p – 9:00p	July 22 – August 19	Downtown
	7:00p – 9:00p	September 9 – October 7	Downtown
	7:00p – 9:00p	October 21 – November 18	Downtown
	7:00p – 9:00p	December 2 - December 30	Downtown
Wednesday	7:00p – 9:00p	January 23 – February 20	Downtown
	7:00p – 9:00p	March 6 – April 3	Downtown
	7:00p – 9:00p	April 24 – May 22	Downtown
	7:00p – 9:00p	June 12 – July 10	Downtown
	7:00p – 9:00p	July 24 – August 21	Downtown
	7:00p – 9:00p	September 4 – October 2	Downtown
	7:00p – 9:00p	October 16 – November 13	Downtown
Saturday	9:00a – 4:30p	January 5	Downtown
	9:00a – 4:30p	January 12	Downtown
	9:00a – 4:30p	February 2	Downtown
	9:00a – 4:30p	February 9	Downtown
	9:00a – 4:30p	March 2	Downtown
	9:00a – 4:30p	March 9	Downtown
	9:00a – 4:30p	April 6	Downtown
	9:00a – 4:30p	April 13	Downtown
	9:00a – 4:30p	May 4	Downtown
	9:00a – 4:30p	May 11	Downtown
	9:00a – 4:30p	June 1	Downtown
	9:00a – 4:30p	June 8	Downtown
	9:00a – 4:30p	July 6	Downtown
	9:00a – 4:30p	July 13	Downtown
	9:00a – 4:30p	August 3	Downtown
	9:00a – 4:30p	August 10	Downtown
	9:00a – 4:30p	September 7	Downtown
	9:00a – 4:30p	September 14	Downtown
	9:00a – 4:30p	October 5	Downtown
	9:00a – 4:30p	October 12	Downtown
	9:00a – 4:30p	November 2	Downtown
	9:00a – 4:30p	November 9	Downtown
	9:00a – 4:30p	December 7	Downtown
	9:00a – 4:30p	December 14	Downtown

BREASTFEEDING CLASSES 2019- The 4th Saturday of the month at Noon

Cost \$25 per couple

Noon – 3:00p	January 26	Downtown
Noon – 3:00p	February 23	Downtown
Noon – 3:00p	March 23	Downtown
Noon – 3:00p	April 27	Downtown
Noon – 3:00p	May 18*	Downtown
Noon – 3:00p	June 22	Downtown

Noon – 3:00p	July 27	Downtown
Noon – 3:00p	August 24	Downtown
Noon – 3:00p	September 28	Downtown
Noon – 3:00p	October 26	Downtown
Noon – 3:00p	November 23	Downtown
Noon – 3:00p	December 21*	Downtown

Wednesday evening Breastfeeding Class- 6:00 to 9:00pm

January 2	April 10	July 17	October 9
February 27	May 29	August 28	December 11

Prenatal Yoga- 6:30 to 7:45pm

Thursday evenings in our Downtown Office \$10 a class

New Classes in 2019!

New Moms Group:

Monday mornings starting January 7 from 10:00am-noon

Come meet other moms and get support with motherhood

Refresher Birth Class:

Expecting again? Come to this class to get “refreshed” on the birth process.

Cost \$40

Saturday, March 16- 1:00pm-3:00pm

Saturday, June 15- 1:00pm-3:00pm

Saturday, September 21- 1:00pm-3:00pm

Saturday, November 16- 1:00pm-3:00pm

Infant Massage Class

Saturday 9:30-11:00am

Cost: \$30

*Very limited class size

January 26	April 20	July 27	October 26
February 23	May 18	August 24	November 23
March 30	June 29	September 28	December 21

Dogs and Storks:

Cost: \$25

Learn how to prepare your dog for life with a baby in the house.

Tuesday, January 22- 7:00-9:00pm

Saturday, April 20- 9:00-11:00am

Saturday, July 20- 9:00-11:00am

Saturday, October 19- 9:00-11:00am

NewDogs and Toddlers:**

Cost:\$25

Learn strategies to help now that your baby is on the move.

Saturday, February 16- 9:00-11:00am

Saturday, November 16- 9:00- 11:00am

All classes are held in our Downtown Office: 1001 Coal SE 87106

For more information and to schedule a class call: Kathleen Briley, Childbirth Coordinator
@ (505) 843-6168 **Extension 3024** or **Email- kbriley@wsnm.org**
Register on our website: WSNM.org: under Wellness and Education: click- Childbirth Class

Class times and dates are subject to change

For our Patients Delivering at Lovelace Women's Hospital:

Tour of Lovelace Women's Hospital- The 4th Saturday of the month at 9:00am

Please call or email Kathleen Briley to reserve a spot.

January 26	April 27	July 27	October 26
February 23	May 18*	August 24	November 23
March 23	June 22	September 28	December 21*

Meet the Midwives of WSNM

Lovelace Women's Hospital - Auditorium A
6:00 to 7:30pm

Wednesday January 9
Tuesday, April 23
Tuesday, July 23
Tuesday, October 22