



WSNM Education Classes

Congratulations on your pregnancy! Thank you for choosing Women's Specialists of New Mexico. Our goal is to provide the highest quality healthcare and education during and after your pregnancy by offering a variety of programs and services. All classes are held in our Downtown Office at 1001 Coal Ave. SE.

Prepared Childbirth Classes: These classes cover the process of labor, vaginal and cesarean delivery, comfort and breathing techniques, medical interventions, pain medication options, the special role of your support person/team, and postpartum information about mom, baby and family. It is best to complete this class at least 6 weeks before your due date. The class includes a tour of Presbyterian Hospital's Family Birthing Center (triage and birthing room) and the Postpartum floor. Cost: \$80 per couple.

You can choose from the following classes:

- 5 week classes offered one evening a week- Monday or Wednesdays from 7:00-9:00pm
- 1 all day class offered on a Saturday from 9:00am-4:30pm

Childbirth Refresher Class: Expecting again? Come to this class to get "refreshed" on the birth process. Offered Quarterly on a Saturday from noon-2:00pm. No hospital tour. Cost: \$40 per couple. 2020 dates: February 15, May 23, August 15 or October 17.

Breastfeeding Class: This class teaches you the breastfeeding basics. You will learn the nutritional, physical and emotional benefits to mom, baby and family. The class also covers how to return to work while continuing to breastfeed successfully. Support people are welcome to attend. This 2 hour class is held on the 4th Saturday of the month from noon-2:00pm or on a Tuesday evening from 6:00-8:00pm. Cost: \$25 per couple.

Prenatal Yoga: Thursday evenings from 6:30-7:45pm. Cost: \$10 per class.

Infant Massage Class with Rebecca Leeman: This hands on class teaches you how to help your baby relax, improves bonding and communication, and promotes feelings of competence and confidence in caring for your baby. Baby should be over 2 weeks old and younger than 6 months old. Offered one Saturday a month from 9:30-11:00am. 5 families maximum. Cost: \$30 per family.

Mommy Monday Group: Every Monday morning from 10-noon. Come get support and encouragement. Bring your baby! Cost: Free. Group is for Mom and baby only.

Hospital Tours:

Presbyterian Hospital: Take a tour of the Family Birthing Center and the Postpartum Floor. Presbyterian offers tours on the first and third Saturday of the month at 10:00am and at noon. Meet at the information desk in the main lobby of the hospital. Cost: free.

Lovelace Women's Hospital: Tour Labor and Delivery, the Family Birthing Center, and Postpartum. Tours through WSNM are on the 4th Saturday of the month from 9:00-10:00am. Meet in the main lobby near the gift shop. Please call 843-6168 ext. 3024 to reserve a space, tour size is limited. Cost: free.

Tours of Women's Hospital are also offered through the Labor of Love Program. For times and availability call (505)727-7677.

Meet the Midwives: Held quarterly at Lovelace Women's Hospital in Auditorium A & B. 6:00-7:30pm. Cost: free. 2020 dates: Tuesday, January 21, Monday, April 6, Wednesday July 22 and Tuesday October 13. No sign up needed.

Registration

Class size is limited. We encourage you to register 12 to 14 weeks before your due date. Class schedule information can be requested from any of our Patient Service Representatives and can also be found on our website, www.wsnm.org (under Wellness and Education, Childbirth Classes). You can sign up on line or to register for a class or seek additional information please call Kathleen Briley, our Childbirth Education Coordinator: (505) 843-6168 ext. 3024. You can also e-mail your requests or questions to: kbriley@wsnm.org