

WSNM 2021 Class Schedule

Prepared Childbirth & Breastfeeding Classes on Zoom



CHILDBIRTH CLASSES: 2021

Cost: \$80 per couple

Weeknight Childbirth Classes meet 4 times. Saturday Childbirth Class meets 1 time.

<i>Day</i>	<i>Time</i>	<i>Date</i>
Monday	6:00p – 8:00p	January 11 – February 1
	6:00p – 8:00p	February 22 - March 15
	6:00p – 8:00p	March 29 – April 19
	6:00p – 8:00p	May 3 – May 24
	6:00p – 8:00p	June 7 – June 28
	6:00p – 8:00p	July 12 – August 2
	6:00p – 8:00p	August 9 – August 30
	6:00p – 8:00p	September 13 – October 4
	6:00p – 8:00p	October 18 – November 8
	6:00p – 8:00p	November 29 – December 20
Wednesday	6:00p – 8:00p	January 6 – January 27
	6:00p – 8:00p	February 17 – March 10
	6:00p – 8:00p	April 7 – April 28
	6:00p – 8:00p	May 19 – June 9
	6:00p – 8:00p	June 30 – July 21
	6:00p – 8:00p	August 4 – August 25
	6:00p – 8:00p	September 22 – October 13
	6:00p – 8:00p	October 27 – November 17
	6:00p – 8:00p	December 1 – December 22
Saturday	9:00a – 1:00p	January 9
	9:00a – 1:00p	January 16
	9:00a – 1:00p	February 6
	9:00a – 1:00p	February 13
	9:00a – 1:00p	March 6
	9:00a – 1:00p	March 13
	9:00a – 1:00p	April 3
	9:00a – 1:00p	April 10
	9:00a – 1:00p	May 1
	9:00a – 1:00p	May 8
	9:00a – 1:00p	June 5
	9:00a – 1:00p	June 12
	9:00a – 1:00p	July 10
	9:00a – 1:00p	July 17
	9:00a – 1:00p	August 7
	9:00a – 1:00p	August 14
	9:00a – 1:00p	September 4
	9:00a – 1:00p	September 11
	9:00a – 1:00p	October 2
	9:00a – 1:00p	October 9
9:00a – 1:00p	November 6	
9:00a – 1:00p	November 13	
9:00a – 1:00p	December 4	
9:00a – 1:00p	December 11	

BREASTFEEDING CLASSES 2021: meets 1 time. The 4th Saturday of the month at Noon

Cost \$25 per couple

Noon – 2:30p	January 23
Noon – 2:30p	February 27
Noon – 2:30p	March 27
Noon – 2:30p	April 24
Noon – 2:30p	May 22
Noon – 2:30p	June 26

Noon – 2:30p	July 31
Noon – 2:30p	August 28
Noon – 2:30p	September 25
Noon – 2:30p	October 23
Noon – 2:30p	November 20*
Noon – 2:30p	December 18*

*Third Saturday

Tuesday evening Breastfeeding Class- 6:00 to 8:30pm			
January 5	April 6	July 6	October 5
February 2	May 4	August 3	November 9
March 2	June 1	September 7	December 7

Prenatal Yoga- 6:30 to 7:45pm

Every Thursday evening \$10 a class

On Zoom: Meeting ID:962 4083 3262 Passcode:446771

Mommy Monday Group:

Every Monday from 10:00am- noon

On Zoom: Meeting ID:893 8506 3046 Passcode:145060

Dogs & Storks 9:00-11:00am Saturday: February 20, April 24, June 19, August 21, October 23
\$30 please call or text Colleen at (978)855-3806 to schedule and pay. Meets one time on Zoom

All classes are held over Zoom until we can meet safely in our Downtown Office: 1001 Coal SE

*Class dates and times are subject to change

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

Virtual 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

*Third Saturday

January 23	April 24	July 31	October 23
February 27	May 22	August 28	November 20*
March 27	June 26	September 25	December 18*

Meet the Midwives of WSNM

6:00 to 7:30pm

Tuesday, January 12

Tuesday, April 13

Wednesday, July 28

Monday, October 11

On Zoom: Meeting ID:901 402 7350 Passcode:140509