

WSNM 2022 Class Schedule

Prepared Childbirth & Breastfeeding Classes on Zoom



CHILDBIRTH CLASSES: 2022

Cost: \$90 per couple

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

Day	Time	Date
Monday	6:00p – 8:00p	January 10 – January 31
	6:00p – 8:00p	February 14 - March 7
	6:00p – 8:00p	March 28 – April 18
	6:00p – 8:00p	May 2 – May 23
	6:00p – 8:00p	June 6 – June 27
	6:00p – 8:00p	July 11 – August 1
	6:00p – 8:00p	August 8 – August 29
	6:00p – 8:00p	September 12 – October 3
	6:00p – 8:00p	October 17 – November 14
	6:00p – 8:00p	November 28 – December 19
Wednesday	6:00p – 8:00p	January 5 – January 26
	6:00p – 8:00p	February 16 – March 9
	6:00p – 8:00p	April 6 – April 27
	6:00p – 8:00p	May 18 – June 8
	6:00p – 8:00p	June 29 – July 20
	6:00p – 8:00p	August 10 – August 31
	6:00p – 8:00p	September 21 – October 12
	6:00p – 8:00p	October 26 – November 16
Saturday	9:00a – 3:00p	January 8
	9:00a – 3:00p	January 15
	9:00a – 3:00p	February 5
	9:00a – 3:00p	February 12
	9:00a – 3:00p	March 5
	9:00a – 3:00p	March 12
	9:00a – 3:00p	April 2
	9:00a – 3:00p	April 9
	9:00a – 3:00p	May 7
	9:00a – 3:00p	May 14
	9:00a – 3:00p	June 4
	9:00a – 3:00p	June 11
	9:00a – 3:00p	July 9
	9:00a – 3:00p	July 16
	9:00a – 3:00p	August 6
	9:00a – 3:00p	August 13
	9:00a – 3:00p	September 10
	9:00a – 3:00p	September 17
	9:00a – 3:00p	October 1
	9:00a – 3:00p	October 8
9:00a – 3:00p	November 5	
9:00a – 3:00p	November 12	
9:00a – 3:00p	December 3	
9:00a – 3:00p	December 10	

BREASTFEEDING CLASSES 2022: meets 1 time. The 4th Saturday of the month at Noon

Cost \$30 per couple

Noon – 2:30p	January 22
Noon – 2:30p	February 26
Noon – 2:30p	March 26
Noon – 2:30p	April 16*
Noon – 2:30p	May 21*
Noon – 2:30p	June 25

Noon – 2:30p	July 23
Noon – 2:30p	August 27
Noon – 2:30p	September 24
Noon – 2:30p	October 22
Noon – 2:30p	November 19*
Noon – 2:30p	December 17*

*Third Saturday

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

Refresher Birth Class- 2 hour class on Zoom \$50 Flexible dates/times

Dogs & Storks 9:00-11:00am Saturday: February 19, April 16, June 18, August 20 or October 15
\$30 please call or text Colleen at (978)855-3806 to schedule and pay. Meets one time on Zoom

Mommy Monday Group:

Every Monday from 10:00am- noon
Meets at Academy Hills Park- 6001 Eubank Blvd NE- SW corner
Free for Mom and Baby

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 Hospital tours on Zoom:

Lovelace Women's Hospital- The 4th Saturday of the month 9:00-10:00am
Presbyterian Hospital- The 4th Saturday of the month 10:30-11:30am
Please call or email Kathleen Briley to reserve a spot

*Third Saturday

January 22	April 16*	July 23	October 22
February 26	May 21*	August 27	November 19*
March 26	June 25	September 24	December 17*

Meet the Midwives of WSNM

6:00 to 7:30pm
Tuesday, January 11
Tuesday, April 19
Thursday, July 14
Monday, October 10

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