

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 | July 6 – July 27 |
| | 6:00p – 8:00p | August 10 – August 31 |
| | 6:00p – 8:00p | September 21 – October 12 |
| | 6:00p – 8:00p | October 26 – November 16 |
| | 6:00p – 8:00p | December 7 – December 28 |
| 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

You Had A Baby Group:

Every Wednesday from 10:00am- 11:00am

Meets on Zoom or in person- contact Kathleen Briley for more information

Free for Parent 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