

# 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.

<b>Day</b>	<b>Time</b>	<b>Date</b>
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-2:00pm**  
 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

<b><u>Tuesday evening Breastfeeding Class- 6:00 to 8:00pm</u></b>			
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

**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](mailto:kbriley@wsnm.org)

**Register on our website: [WSNM.org](http://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 4<sup>th</sup> 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