

WSNM 2023 Class Schedule

Prepared Childbirth & Breastfeeding Classes



CHILDBIRTH CLASSES: 2023

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 9 – January 30
	6:00p – 8:00p	February 13 - March 6
	6:00p – 8:00p	March 27 – April 17
	6:00p – 8:00p	May 1 – May 22
	6:00p – 8:00p	June 5 – June 26
	6:00p – 8:00p	July 10 – July 31
	6:00p – 8:00p	August 7 – August 28
	6:00p – 8:00p	September 11 – October 2
	6:00p – 8:00p	October 16 – November 6
	6:00p – 8:00p	November 27 – December 18
Wednesday	6:00p – 8:00p	January 4 – January 25
	6:00p – 8:00p	February 15 – March 8
	6:00p – 8:00p	April 5 – April 26
	6:00p – 8:00p	May 17 – June 7
	6:00p – 8:00p	June 28 – July 19
	6:00p – 8:00p	August 9 – August 30
	6:00p – 8:00p	September 20 – October 11
	6:00p – 8:00p	October 25 – November 15
	6:00p – 8:00p	December 6 – December 27
Saturday	9:00a – 3:00p	January 7
	9:00a – 3:00p	January 14
	9:00a – 3:00p	February 4
	9:00a – 3:00p	February 11
	9:00a – 3:00p	March 4
	9:00a – 3:00p	March 11
	9:00a – 3:00p	April 1
	9:00a – 3:00p	April 8
	9:00a – 3:00p	May 6
	9:00a – 3:00p	May 13
	9:00a – 3:00p	June 3
	9:00a – 3:00p	June 10
	9:00a – 3:00p	July 8
	9:00a – 3:00p	July 15
	9:00a – 3:00p	August 5
	9:00a – 3:00p	August 12
	9:00a – 3:00p	September 9
	9:00a – 3:00p	September 16
	9:00a – 3:00p	October 7
	9:00a – 3:00p	October 14
	9:00a – 3:00p	November 4
	9:00a – 3:00p	November 11
	9:00a – 3:00p	December 2
	9:00a – 3:00p	December 9

BREASTFEEDING CLASSES 2023: meets 1 time. The 4th Saturday of the month at Noon

Cost \$30 per couple

Noon – 2:00p	January 28
Noon – 2:00p	February 25
Noon – 2:00p	March 25
Noon – 2:00p	April 22
Noon – 2:00p	May 20*
Noon – 2:00p	June 24

Noon – 2:00p	July 22
Noon – 2:00p	August 26
Noon – 2:00p	September 23
Noon – 2:00p	October 28
Noon – 2:00p	November 18*
Noon – 2:00p	December 16*

*Third Saturday

Tuesday evening Breastfeeding Class- 6:00 to 8:00pm

January 3	April 4	July 11	October 3
February 7	May 2	August 1	November 7
March 7	June 6	September 5	December 5

Infant Massage Class Saturday 9:30-11:00am: meets 1 time

January 21	April 29	July 22	October 21
February 18	May 20	August 19	November 18
March 18	June 17	September 30	December 16

Limited class size. Meets in the Coal Office. Cost \$30 per couple

Refresher Birth Class available: Contact Kathleen Briley for more information \$70

Dogs & Storks 9:00-11:00am Saturday: February 18, April 15, June 17, August 19 or October 21
\$30 please call or text Colleen at (978)855-3806 to schedule and pay. Meets one time on Zoom

Classes on Zoom or 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 at 9:00am

Virtual Tour of Presbyterian Hospital at 10:30am The 4th Saturday of the month

Please call or email Kathleen Briley to reserve a spot

*Third Saturday

January 28	April 22	July 22	October 28
February 25	May 20*	August 26	November 18*
March 25	June 24	September 23	December 16*

Meet the Midwives of WSNM

6:00 to 7:30pm

Tuesday, January 10

Thursday, April 20

Tuesday, July 25

Wednesday, October 18

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