

WSNM 2024 Class Schedule

Prepared Childbirth & Breastfeeding Classes



CHILDBIRTH CLASSES: 2024

Cost: \$100 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 8 – January 29
	6:00p – 8:00p	February 12 - March 4
	6:00p – 8:00p	March 25 – April 15
	6:00p – 8:00p	April 29 – May 20
	6:00p – 8:00p	June 3 – June 24
	6:00p – 8:00p	July 1 – July 22
	6:00p – 8:00p	August 5 – August 26
	6:00p – 8:00p	September 9 – September 30
	6:00p – 8:00p	October 21 – November 11
	6:00p – 8:00p	November 25 – December 16
Wednesday	6:00p – 8:00p	January 3 – January 24
	6:00p – 8:00p	February 7 – February 28
	6:00p – 8:00p	March 20 – April 10
	6:00p – 8:00p	May 1 – May 22
	6:00p – 8:00p	June 5 – June 26
	6:00p – 8:00p	July 17 – August 7
	6:00p – 8:00p	September 4 – September 25
	6:00p – 8:00p	October 9 – October 30
	6:00p – 8:00p	November 13 – December 4
Saturday	9:00a – 4:00p	January 6
	9:00a – 4:00p	January 13
	9:00a – 4:00p	February 3
	9:00a – 4:00p	February 10
	9:00a – 4:00p	March 2
	9:00a – 4:00p	March 9
	9:00a – 4:00p	April 6
	9:00a – 4:00p	April 13
	9:00a – 4:00p	May 4
	9:00a – 4:00p	May 11
	9:00a – 4:00p	June 1
	9:00a – 4:00p	June 8
	9:00a – 4:00p	July 13
	9:00a – 4:00p	July 20
	9:00a – 4:00p	August 3
	9:00a – 4:00p	August 10
	9:00a – 4:00p	September 7
	9:00a – 4:00p	September 14
	9:00a – 4:00p	October 5
	9:00a – 4:00p	October 12
	9:00a – 4:00p	November 2
	9:00a – 4:00p	November 9
	9:00a – 4:00p	December 7
	9:00a – 4:00p	December 14

BREASTFEEDING CLASSES 2024: meets 1 time. The 4th Saturday of the month at Noon

Cost \$35 per couple

Noon – 2:00p January 27
 Noon – 2:00p February 24
 Noon – 2:00p March 23
 Noon – 2:00p April 27
 Noon – 2:00p May 18*
 Noon – 2:00p June 22

Noon – 2:00p July 27
 Noon – 2:00p August 24
 Noon – 2:00p September 21*
 Noon – 2:00p October 26
 Noon – 2:00p November 23
 Noon – 2:00p December 28

*Third Saturday

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

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

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

January 20	April 20	July 27	October 19
February 17	May 25	August 24	November 23
March 30	June 22	September 28	December 21

Limited class size. Cost \$30 per family

New-Postpartum Class 2:00-3:00pm Meets 1 time: February 24, May 18, August 24 or November 23
 \$20 per couple

Refresher Birth Class available: Contact Kathleen Briley for more information \$80

Dogs & Storks 9:00-11:00am Saturday: February 17, April 3, June 15, August 17 or October 19
 \$30 please call or text Colleen at (978)855-3806 to schedule and pay. Meets one time on Zoom

All classes are held 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 10:15am The 4th Saturday of the month****Please call or email Kathleen Briley to reserve a spot on Zoom**

*Third Saturday

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

Meet the Midwives of WSNM: 6:00-7:30pm Free to attend

Thursday, January 18

Tuesday, April 16

Tuesday, July 23

Monday, October 14

At Lovelace Women's Hospital in the auditorium