

WSNM 2025 Class Schedule

Prepared Childbirth & Breastfeeding Classes



CHILDBIRTH CLASSES: 2025

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 6 – January 27
	6:00p – 8:00p	February 10 - March 3
	6:00p – 8:00p	March 24 – April 14
	6:00p – 8:00p	April 28 – May 19
	6:00p – 8:00p	June 2 – June 23
	6:00p – 8:00p	June 30 – July 21
	6:00p – 8:00p	August 4 – August 25
	6:00p – 8:00p	September 8 – September 29
	6:00p – 8:00p	October 20 – November 10
	6:00p – 8:00p	December 1 – December 22
Wednesday	6:00p – 8:00p	January 15 – February 5
	6:00p – 8:00p	February 26 – February 19
	6:00p – 8:00p	April 2 – April 23
	6:00p – 8:00p	May 7 – May 28
	6:00p – 8:00p	June 18 – July 9
	6:00p – 8:00p	July 30 – August 20
	6:00p – 8:00p	September 3 – September 24
	6:00p – 8:00p	October 8 – October 29
Saturday	9:00a – 4:00p	January 4
	9:00a – 4:00p	January 11
	9:00a – 4:00p	February 1
	9:00a – 4:00p	February 8
	9:00a – 4:00p	March 1
	9:00a – 4:00p	March 8
	9:00a – 4:00p	April 5
	9:00a – 4:00p	April 12
	9:00a – 4:00p	May 3
	9:00a – 4:00p	May 10
	9:00a – 4:00p	June 7
	9:00a – 4:00p	June 14
	9:00a – 4:00p	July 12
	9:00a – 4:00p	July 19
	9:00a – 4:00p	August 2
	9:00a – 4:00p	August 9
	9:00a – 4:00p	September 6
	9:00a – 4:00p	September 13
	9:00a – 4:00p	October 4
	9:00a – 4:00p	October 11
9:00a – 4:00p	November 1	
9:00a – 4:00p	November 8	
9:00a – 4:00p	December 6	
9:00a – 4:00p	December 13	

BREASTFEEDING CLASSES 2025: meets 1 time. **The 4th Saturday of the month at Noon**

Cost \$40 per couple

Noon – 2:00p	January 25
Noon – 2:00p	February 22
Noon – 2:00p	March 22
Noon – 2:00p	April 26
Noon – 2:00p	May 17*
Noon – 2:00p	June 28

Noon – 2:00p	July 26
Noon – 2:00p	August 23
Noon – 2:00p	September 27
Noon – 2:00p	October 25
Noon – 2:00p	November 22
Noon – 2:00p	December 20*

*Third Saturday

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

<u>Infant Massage Class Saturday 9:30-11:00am: meets 1 time</u>			
January 18	April 19	July 26	October 18
February 15	May 17	August 16	November 15
March 15	June 21	September 20	December 20
Limited class size. Cost \$40 per family			

Postpartum Class 2:15-3:15pm Meets 1 time: January 25, March 22, May 17, July 26, September 27 or November 22 \$20 per couple

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

Dogs & Storks 9:00-11:00am Saturday: February 15, April 19, June 21, August 16 or October 18 \$30 please call or text Colleen at (978)855-3806 to schedule and pay. Meets one time on Zoom

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 25	April 26	July 26	October 25
February 22	May 17*	August 23	November 15*
March 22	June 28	September 27	December 20*

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