

## February Parent Education Classes

\*Classes in the Physician's Office Building are Across the Street from the Main Hospital at 4500 E. 9<sup>th</sup> Avenue on the Basement Level\*

### **Baby Safe**

Wednesday Evening 6:00 – 9:00 (1<sup>st</sup>) – Goodstein 3 (Physician's Office Building)  
Saturday Morning 9:00 – 12:00 (11<sup>th</sup>) – Goodstein 3 (Physician's Office Building)  
Monday Evening 6:00 – 9:00 (13<sup>th</sup>) – Goodstein 3 (Physician's Office Building)  
Saturday Morning 9:00 – 12:00 (25<sup>th</sup>) – Goodstein 3 (Physician's Office Building)

### **Breastfeeding**

Saturday Morning 9:00 – 12:30 (4<sup>th</sup>) – Goodstein 3 (Physician's Office Building)  
Tuesday Evening 6:00 – 9:30 (7<sup>th</sup>) – Goodstein 3 (Physician's Office Building)  
Tuesday Evening 6:00 – 9:30 (21<sup>st</sup>) – Goodstein 3 (Physician's Office Building)  
Saturday Afternoon 1:00 – 4:30 (25<sup>th</sup>) – Goodstein 3 (Physician's Office Building)

### **Childbirth Express**

Monday Evenings 6:30 – 9:30 (6<sup>th</sup>, 13<sup>th</sup>) – Auditorium (Ground Floor)  
Saturday Day 9:00 – 3:00 (11<sup>th</sup>) – Auditorium (Ground Floor)  
Sunday Day 9:00 – 3:00 (12<sup>th</sup>) – Auditorium (Ground Floor)  
Sunday Day 9:00 – 3:00 (26<sup>th</sup>) – Auditorium (Ground Floor)

### **Childbirth Preparation**

Thursday Evenings 6:30 – 9:30 (2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>) – Goodstein 1 and 2 (Physician's Office Building)  
Tuesday Evenings 6:30 – 9:30 (7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>) – Auditorium (Ground Floor)  
Wednesday Evenings 6:30 – 9:30 (8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>) – Auditorium (Ground Floor)

### **Doula Connection Informational Seminar**

Wednesday Evening 6:00 – 7:30 (15<sup>th</sup>) – Goodstein 4 (Physician's Office Building)

### **Fast Track Childbirth Preparation**

Friday Evening 6:00 – 9:00 (3<sup>rd</sup>) and Saturday Day 9:00 – 4:00 (4<sup>th</sup>) – Auditorium (Ground Floor)  
Friday Evening 6:00 – 9:00 (24<sup>th</sup>) and Sunday Day 9:00 – 4:00 (25<sup>th</sup>) – Auditorium (Ground Floor)

### **For Fathers**

Thursday Evening 7:00 – 9:00 (9<sup>th</sup>) – Cafeteria South Dining Room (Ground Floor)

### **Hypnobirthing**

Wednesday Evenings 6:30 – 9:30 (8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>, March 7<sup>th</sup>) – Goodstein 3 (Physician's Office Building)

### **Infant Care**

Saturday Morning 9:00 – 1:00 (4<sup>th</sup>) – Pathology Conference Room (Ground Floor)  
Tuesday Evening 6:30 – 8:30 (7<sup>th</sup>) and Thursday Evening 6:30 – 8:30 (9<sup>th</sup>) – Pathology Conference Room (Ground Floor)  
Wednesday Evenings 6:30 – 8:30 (22<sup>nd</sup>, 29<sup>th</sup>) – Ground Floor Conference (Ground Floor)

### **Kangaroo Kapers**

Saturday Morning 10:00 – 11:00 (11<sup>th</sup>) – Pathology Conference Room (Ground Floor)  
Saturday Morning 10:00 – 11:00 (25<sup>th</sup>) – Pathology Conference Room (Ground Floor)

### **Tours of the Birthing Unit**

Monday Evenings, One each at 6:00 and 7:00 (13<sup>th</sup>, 27<sup>th</sup>) – Information Desk (1<sup>st</sup> Floor by the Main Elevators)  
Wednesday Evenings, One each at 6:00 and 7:00 (8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>) – Information Desk (1<sup>st</sup> Floor by the Main Elevators)  
Saturday Afternoons, One each at 12:00, 1:00 and 2:00 (11<sup>th</sup>, 25<sup>th</sup>) – Information Desk (1<sup>st</sup> Floor by the Main Elevators)

### **Unmedicated Childbirth Preparation**

Wednesday Evenings 6:30 – 9:30 (8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>) – Goodstein 1 and 2 (Physician's Office Building)



**Rose Knows Women. Rose Knows Babies.**