

2026 Birthing Center Classes



Childbirth & Parenting Preparation Class

Our comprehensive childbirth preparation class is taught by experienced labor and delivery nurses to help you prepare for your birthing experience. This **FREE** class covers the latest evidence-based information to help you prepare for pregnancy, delivery, and the postpartum period. Some topics included are comfort measures for labor, car seat safety and installation, Q & A time with a St. Mary's pediatrician and Infant CPR. Infant CPR covers breathing emergencies and how to remedy a choking situation and most types of respiratory distress in infants.

Attend around 28-30 weeks.

2026 Dates:

January 20	August 18
March 17	September 29
May 5	November 10
June 30	

All classes held from 5pm-8pm



Register by calling 518-841-7314.



Spinning Babies® Birth Preparation Class

Spinning Babies® Birth Preparation class highlights your baby's active role in birth. During labor, the baby needs to rotate through the three levels of the pelvis. Learn the techniques to help your pelvis and it's muscles that support or strict your pelvic levels. Together you and your birth partner can use these techniques before and during labor to help "make room for baby!" Spinning Babies® reveals how the baby can find optimal positions for labor, and make birth less painful, and even pleasurable! This class will be led by a Jennifer O'Donohoe-Brown a Spinning Babies Certified Parent Educator.

2026 Dates:

January 27	August 25
February 24	September 22
March 24	October 20
April 21	November 17
May 19	December 15
June 23	

All classes held from 5pm-8pm



Register by emailing jennifer.o'donohoe-brown@nysmha.org



Breastfeeding Support Services

We are here to support you during your breastfeeding journey. Our International Board-Certified lactation consultant (IBCLC) can assist with your baby's latch, feeding positions, increasing milk supply, recognizing hunger cues and more. You can schedule an appointment while you are still pregnant, right after you give birth or several months into breastfeeding.



For routine matters, call or text 518-571-3858

For urgent matters, call 518-841-7314



Perinatal Loss Support Group

Designed for parents who have lost an infant or pregnancy at any stage of development.



Offered on an individual basis. Call 518-841-3687.