



FREE

Childbirth & Parenting Preparation Class

One 3 hour Class held on Tuesday Evenings

At St. Mary's Birthing Center our comprehensive childbirth preparation class is taught by experienced labor and delivery nurses to help you prepare for your birthing experience. The class is **FREE** and covers the latest evidence-based information to help you prepare for pregnancy, delivery, and the postpartum period. Through our multi-dimensional class format, including discussion, video, and Q&A, our top goal is to boost your confidence and reduce your anxiety as you prepare for labor and delivery. Topics include, **TOUR** of the Birthing Center, comfort measures for labor, **CAR SEAT** instruction by state police, meet pediatric doctors for Q & A time and more. We welcome your questions and want to assist you as you prepare for your baby's birth day!

2023 Dates: (Tuesday Evenings)

April 18, 2023

May 23, 2023

June 27, 2023

No July Class

August 29, 2023

No September Class

October 3, 2023

November 14, 2023

December 19, 2023

Location

St. Mary's Healthcare
427 Guy Park Avenue
Amsterdam, NY 12010
Pete's Place

Time

5pm-8pm

Register

Call the Maternity Unit
518-841-7314
Attend around 28-30 weeks