

# Childbirth, Parenting and Community Education Program

## Health Information For Patients and the Community



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### Hillcrest Hospital Childbirth Education Classes

#### Suggested Guidelines

For class description and details please visit  
[hillcresthospital.org/childbirthed](http://hillcresthospital.org/childbirthed)

- Registration is required for all classes unless noted.
- Classes may be canceled due to low enrollment.
- Register for Prepared Childbirth classes around the 5th month of pregnancy
- Begin attending classes by the 7th month of pregnancy
- Plan to complete all classes 3-4 weeks prior to your due date
- Interpretative services available upon request for all classes and tours.

### Hillcrest Hospital Maternity Tour

View the maternity center on a guided tour with the opportunity to ask questions. Adult and Sibling tour cover the same information.

#### Saturday Tours

11:15 a.m. Sibling  
12:30 p.m. Adult

#### Sunday Tours

Noon Sibling  
1:15 p.m. Adult  
(Select Sundays)

#### Weekday Tours

The first Thursday of each month at 6pm  
The third Tuesday of each month at 11am

### HypnoBirthing

Tuesdays – 4:30pm – 7pm \$180/couple

January 2 – 23	April 3 – 24
February 6 – 27	May 1 – 22
March 6 – 27	June 5 – 26

### Lamaze Plus

Four week childbirth class, includes  
*Baby Basics and Breastfeeding Basics*  
\$140/couple

#### Series 1

**Lamaze:** Mondays, January 8th –  
January 29th  
6pm – 8:15pm

**Baby Basics:** February 5th 6pm – 9pm  
**Breastfeeding Basics:** February 12th  
6pm – 9pm

#### Series 2

**Lamaze:** Wednesdays, February 14 –  
March 7th  
6pm – 8:15pm

**Baby Basics:** March 21st 6pm – 9pm  
**Breastfeeding Basics:** March 14th  
6pm – 9pm

#### Series 3

**Lamaze:** Mondays, April 2 – 23rd  
6pm – 8:15pm

**Baby Basics:** April 30th 6pm – 9pm  
**Breastfeeding Basics:** May 7th  
6pm – 9pm

#### Series 4

**Lamaze:** Wednesdays, May 16 –  
June 6th  
6pm – 8:15pm

**Baby Basics:** June 20th 6pm – 9pm  
**Breastfeeding Basics:** June 13th  
6pm – 9pm

### Just The Facts Lamaze

9am – 4pm \$80/couple

Saturday, January 13th  
9 – 4pm

Saturday, February 24th 9 – 4pm  
Saturday, March 24th 9 – 4pm

### Fast Track Lamaze

6pm – 9pm \$80/couple

Friday, February 2nd and 9th	5 – 8pm
Wednesday, February 7th and 14th	6 – 9pm
Friday, February 23rd and March 2nd	5 – 8pm
Friday, March 2nd and 9th	5 – 8pm
Tuesday, March 6th and 13th	6 – 9pm
Friday, April 6th and 13th	5 – 8pm
Tuesday, April 10th and 17th	6 – 9pm
Saturday, April 14th and 21st	9 – 12pm
Friday, May 4th and 11th	5 – 8pm
Saturday, May 5th and 12th	9 – 12pm
Monday, May 7th and 14th	6 – 9pm
Friday, June 8th and 15th	5 – 8pm



## Preparing for Baby

### Baby Basics

\$35/couple

Wednesday, January 3rd	5 – 8pm
Sunday, January 7th	12 – 3pm
Monday, January 22nd	5 – 8pm
Monday, January 29th	5 – 8pm
Sunday, February 4th	12 – 3pm
Monday, February 26th	5 – 8pm
Tuesday, February 27th	5 – 8pm
Monday, March 5th	5 – 8pm
Friday, March 16th	5 – 8pm
Sunday, March 18th	12 – 3pm
Tuesday, March 20th	5 – 8pm
Sunday, April 8th	12 – 3pm
Monday, April 16th	5 – 8pm
Tuesday, April 24th	5 – 8pm
Sunday, April 29th	3 – 6pm
Sunday, May 6th	5 – 8pm
Monday, May 14th	5 – 8pm
Monday, May 21st	5 – 8pm
Monday, June 4th	5 – 8pm
Sunday, June 10th	5 – 8pm
Monday, June 18th	5 – 8pm

### Boot Camp

Saturday 9 a.m. to Noon \$20/Dad

January 6th	April 7th
February 3rd	May 5th
March 3rd	June 2nd

### Breastfeeding Basics

\$30/couple

Sunday, January 7th	9am – 12
Monday, January 15th	4 – 7pm
Saturday, January 27th	9am – 12
Saturday, February 3rd	9am – 12
Saturday, February 11th	9am – 12
Saturday, March 3rd	9am – 12
Sunday, March 18th	9am – 12
Sunday, April 8th	9am – 12
Monday, April 16th	4 – 7pm
Saturday, April 28th	9am – 12
Saturday, May 19th	9am – 12
Sunday, May 20th	9am – 12
Saturday, June 2nd	9am – 12
Sunday, June 24th	9am – 12

## Preparing the Family

### Big Brother and Big Sister

10am to Noon \$25 per family

January 6th	April 7th
February 3rd	May 5th
March 10th	June 2nd

### Grandparents Information Class

Thursday, 5 to 8pm \$15 per person

January 25th	April 26th
February 22nd	May 24th
March 22nd	June 21st

### Sitter School/Teen CPR

9:00 – 5:00pm \$65/person

Saturday, January 13th
Saturday, March 10th
Saturday, May 12th

## Infant and Child Safety

### CPR for Infant and Child

\$30 per person

Thursday, January 4th	6 – 9pm
Monday, January 22nd	6 – 9pm
Saturday, January 27th	9am – 12 or 1pm – 4

Wednesday, January 31st	6 – 9pm
Saturday, February 3rd	9am – 12 or 1pm-4

Friday, February 9th	6 – 9pm
Sunday, February 18th	9am – 12 or 1pm – 4

Wednesday, February 28th	6 – 9pm
Monday, March 5th	6 – 9pm
Wednesday, March 14th	6 – 9pm
Friday, March 23rd	6 – 9pm
Thursday, March 29th	6 – 9pm
Tuesday, April 3rd	6 – 9pm
Thursday, April 12th	6 – 9pm
Sunday, April 15th	9am – 12 or 1pm – 4

Wednesday, April 18th	6 – 9pm
Saturday, April 28th	9am – 12 or 1pm – 4

Friday, May 4th	6 – 9pm
Wednesday, May 9th	6 – 9pm
Saturday, May 12th	9am – 12
Monday, May 21st	6 – 9pm
Sunday, June 3rd	9am – 12 or 1pm-4

Tuesday, June 12th	6 – 9pm
Wednesday, June 13th	6 – 9pm
Wednesday, June 21st	6 – 9pm
Saturday, June 30th	9am – 12 or 1pm – 4

## Keeping your Baby Safe and Infant-Child CPR

9 to 4pm \$40 per person

Sunday, January 7th 9-4pm
Sunday, March 11th 9-4pm
Sunday, May 6th 9-4pm

## After Delivery – Classes and Support

Registration is not required.

### Breastfeeding Support Group

North Campus Building, 6777 Mayfield Road,  
West Entrance  
Meets Tuesdays and Fridays, 11am – 12:30pm  
FREE

### Evening Breastfeeding Support Group

North Campus Building, 6777 Mayfield Road  
West Entrance  
Meets the 1st and 3rd Wednesday of each month  
6 – 7pm FREE

### Mommy and Me

North Campus Building, 6777 Mayfield Road,  
West Entrance  
Meets Thursdays, 11:30 – 1pm FREE

## PERINATAL BEREAVEMENT SUPPORT GROUP

### Love Lives on

Hillcrest Hospital  
6780 Mayfield Road  
Ross Boardroom  
Meets the 3rd Thursday of every month  
7:30-9:00pm FREE

