

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

