

# Family Birth Center

## English Class Schedule

September – December 2017



| September 2017 |    |    |    |    |    |    |
|----------------|----|----|----|----|----|----|
| Su             | M  | Tu | W  | Th | F  | Sa |
|                |    |    |    |    | 1  | 2  |
| 3              | 4  | 5  | 6  | 7  | 8  | 9  |
| 10             | 11 | 12 | 13 | 14 | 15 | 16 |
| 17             | 18 | 19 | 20 | 21 | 22 | 23 |
| 24             | 25 | 26 | 27 | 28 | 29 | 30 |

| October 2017 |    |    |    |    |    |    |
|--------------|----|----|----|----|----|----|
| Su           | M  | Tu | W  | Th | F  | Sa |
| 1            | 2  | 3  | 4  | 5  | 6  | 7  |
| 8            | 9  | 10 | 11 | 12 | 13 | 14 |
| 15           | 16 | 17 | 18 | 19 | 20 | 21 |
| 22           | 23 | 24 | 25 | 26 | 27 | 28 |
| 29           | 30 | 31 |    |    |    |    |

| November 2017 |    |    |    |    |    |    |
|---------------|----|----|----|----|----|----|
| Su            | M  | Tu | W  | Th | F  | Sa |
|               |    |    | 1  | 2  | 3  | 4  |
| 5             | 6  | 7  | 8  | 9  | 10 | 11 |
| 12            | 13 | 14 | 15 | 16 | 17 | 18 |
| 19            | 20 | 21 | 22 | 23 | 24 | 25 |
| 26            | 27 | 28 | 29 | 30 |    |    |

| December 2017 |    |    |    |    |    |    |
|---------------|----|----|----|----|----|----|
| Su            | M  | Tu | W  | Th | F  | Sa |
|               |    |    |    |    | 1  | 2  |
| 3             | 4  | 5  | 6  | 7  | 8  | 9  |
| 10            | 11 | 12 | 13 | 14 | 15 | 16 |
| 17            | 18 | 19 | 20 | 21 | 22 | 23 |
| 24            | 25 | 26 | 27 | 28 | 29 | 30 |
| 31            |    |    |    |    |    |    |

| September                     |                           |               |
|-------------------------------|---------------------------|---------------|
| Class Name                    | Dates                     | Time          |
| Maternity Tour (Choose One)   | September 13 or 27        | 6:30pm-8:30pm |
| Childbirth Education Series 9 | September 5, 12, 19, & 26 | 6pm-9pm       |
| Stages of Labor               | September 5               | 6pm-9pm       |
| Pain Management               | September 12              | 6pm-9pm       |
| Breastfeeding Workshop        | September 19              | 6pm-9pm       |
| Postpartum/Parenting          | September 26              | 6pm-9pm       |
| Childbirth Weekend Express    | September 23 & 30         | 10am-2pm      |
| Child Safety 101              | September 20              | 6pm-9pm       |

| October                        |                        |               |
|--------------------------------|------------------------|---------------|
| Class Name                     | Dates                  | Time          |
| Maternity Tour (Choose One)    | October 11 or 25       | 6:30pm-8:30pm |
| Childbirth Education Series 10 | October 3, 10, 17 & 24 | 6pm-9pm       |
| Stages of Labor                | October 3              | 6pm-9pm       |
| Pain Management                | October 10             | 6pm-9pm       |
| Breastfeeding Workshop         | October 17             | 6pm-9pm       |
| Postpartum/Parenting           | October 24             | 6pm-9pm       |
| Child Safety 101               | October 14             | 10am-1pm      |

| November                       |                        |               |
|--------------------------------|------------------------|---------------|
| Class Name                     | Dates                  | Time          |
| Maternity Tour (Choose One)    | November 8 or 29       | 6:30pm-8:30pm |
| Childbirth Education Series 11 | Nov 7, 14, 28 & Dec. 5 | 6pm-9pm       |
| Stages of Labor                | November 7             | 6pm-9pm       |
| Pain Management                | November 14            | 6pm-9pm       |
| Breastfeeding Workshop         | November 28            | 6pm-9pm       |
| Postpartum/Parenting           | December 5             | 6pm-9pm       |
| Childbirth Weekend Express     | November 11 & 18       | 10am-2pm      |
| Child Safety 101               | November 15            | 6pm-9pm       |

| December                       |                        |               |
|--------------------------------|------------------------|---------------|
| Class Name                     | Dates                  | Time          |
| Maternity Tour (Choose One)    | December 13 or 27      | 6:30pm-8:30pm |
| Childbirth Education Series 11 | Nov 7, 14, 28 & Dec. 5 | 6pm-9pm       |
| Postpartum/Parenting           | December 5             | 6pm-9pm       |
| Child Safety 101               | December 9             | 10am-1pm      |

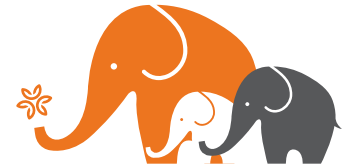
To register for classes, please call our 24 hour call center at 866.792.BABY (2229).

To reach the Department of Childbirth Education , please call 818.885.5434.

# Centro Familiar de Maternidad

## Horario de las Clases en Español

Septiembre – Diciembre 2017



| septiembre 2017 |    |    |    |    |    |    |
|-----------------|----|----|----|----|----|----|
| Su              | M  | Tu | W  | Th | F  | Sa |
|                 |    |    |    |    | 1  | 2  |
| 3               | 4  | 5  | 6  | 7  | 8  | 9  |
| 10              | 11 | 12 | 13 | 14 | 15 | 16 |
| 17              | 18 | 19 | 20 | 21 | 22 | 23 |
| 24              | 25 | 26 | 27 | 28 | 29 | 30 |

| septiembre  |                                     |                            |
|---|-------------------------------------|----------------------------|
| Nombre de clase   | Fechas                              | Hora                       |
| Recorrido del hospital (Elija Uno)  | 6 de septiembre<br>22 de septiembre | 6:30pm-8:30pm<br>10am-12pm |
| Educación exprés sobre el parto   | 9 de septiembre                     | 10am - 4pm                 |
| <b>Actividades para niños y almuerzo incluido!!!</b>  |                                     |                            |
| Un día exprés: Las etapas del parto, manejando los dolores de parto, dar a pecho, síntomas de postparto, y el cuidado de mamá y bebé. |                                     |                            |

| octubre 2017 |    |    |    |    |    |    |
|--------------|----|----|----|----|----|----|
| Su           | M  | Tu | W  | Th | F  | Sa |
| 1            | 2  | 3  | 4  | 5  | 6  | 7  |
| 8            | 9  | 10 | 11 | 12 | 13 | 14 |
| 15           | 16 | 17 | 18 | 19 | 20 | 21 |
| 22           | 23 | 24 | 25 | 26 | 27 | 28 |
| 29           | 30 | 31 |    |    |    |    |

| octubre   |                               |                            |
|---|-------------------------------|----------------------------|
| Nombre de clase   | Fechas                        | Hora                       |
| Recorrido del hospital (Elija Uno)  | 4 de octubre<br>20 de octubre | 6:30pm-8:30pm<br>10am-12pm |
| Educación exprés sobre el parto   | 21 de octubre                 | 10am - 4pm                 |
| <b>Actividades para niños y almuerzo incluido!!!</b>  |                               |                            |
| Un día exprés: Las etapas del parto, manejando los dolores de parto, dar a pecho, síntomas de postparto, y el cuidado de mamá y bebé. |                               |                            |
| Seguridad de los niños  | 23 de octubre                 | 10am-1pm                   |

| noviembre 2017 |    |    |    |    |    |    |
|----------------|----|----|----|----|----|----|
| Su             | M  | Tu | W  | Th | F  | Sa |
|                |    |    | 1  | 2  | 3  | 4  |
| 5              | 6  | 7  | 8  | 9  | 10 | 11 |
| 12             | 13 | 14 | 15 | 16 | 17 | 18 |
| 19             | 20 | 21 | 22 | 23 | 24 | 25 |
| 26             | 27 | 28 | 29 | 30 |    |    |

| noviembre                          |                                   |                              |
|------------------------------------|-----------------------------------|------------------------------|
| Nombre de clase                    | Fechas                            | Hora                         |
| Recorrido del hospital (Elija Uno) | 1 de noviembre<br>17 de noviembre | 10am-12noon<br>6:30pm-8:30pm |

| diciembre 2017 |    |    |    |    |    |    |
|----------------|----|----|----|----|----|----|
| Su             | M  | Tu | W  | Th | F  | Sa |
|                |    |    |    |    | 1  | 2  |
| 3              | 4  | 5  | 6  | 7  | 8  | 9  |
| 10             | 11 | 12 | 13 | 14 | 15 | 16 |
| 17             | 18 | 19 | 20 | 21 | 22 | 23 |
| 24             | 25 | 26 | 27 | 28 | 29 | 30 |
| 31             |    |    |    |    |    |    |

| diciembre   |                                   |                            |
|---|-----------------------------------|----------------------------|
| Nombre de clase   | Fechas                            | Hora                       |
| Recorrido del hospital (Elija Uno)  | 6 de diciembre<br>15 de diciembre | 6:30pm-8:30pm<br>10am-12pm |
| Educación exprés sobre el parto   | 16 de diciembre                   | 10am - 4pm                 |
| <b>Actividades para niños y almuerzo incluido!!!</b>  |                                   |                            |
| Un día exprés: Las etapas del parto, manejando los dolores de parto, dar a pecho, síntomas de postparto, y el cuidado de mamá y bebé. |                                   |                            |
| Seguridad de los niños  | 18 de diciembre                   | 10am-1pm                   |

Para inscribirse a nuestras clases, favor de comunicarse con el centro de llamadas al 866.792.BABY (2229), disponible las 24 horas.  
Para comunicarse con el departamento de educación sobre el parto, llame al 818.885.5434.