

MERCY MEDICAL CENTER

Family Birth Center

Breastfeeding Class:

The breastfeeding class covers the basics on breastfeeding, which includes reasons to breastfeed, how to hold and latch your baby, and how your support people can help.

To Register: There is no cost to attend this class, however, registration is required. Call for information on registration at 209.564.4384.

2018 Class Dates and Times:

All breastfeeding classes are held from 6 - 9 p.m.

January 17	July 16
February 15	August 15
March 21	September 19
April 18	October 17
May 16	November 19
June 20	December 20

Breastfeeding Support Group

2018 Dates and Time:

Every Wednesday from 11am - 12pm

Location:

Mercy Outpatient Center
Breastfeeding Education Center,
1st Floor
2740 M Street
Merced, CA 95340

For more information about the breastfeeding programs or to request a Spanish class, call: 209.564.4310

Childbirth Preparation Class

The childbirth preparation class is a four week course that prepares expectant families for birth. Some topics covered include:

- Last stages of pregnancy and the childbirth process
- Relaxation, breathing, and “coaching” techniques
- Post-partum, breastfeeding, and newborn care

We offer a one day abbreviated class for those who are unable to attend the 4 week series. The one day Saturday class is especially helpful as a refresher for moms who have already given birth before.

To Register: *You must register in person at Education in the Mercy Outpatient Center and pay a \$10.00 fee by card, personal check, cashiers check, or money order (cash and American Express cards are not accepted).*

Class Location:

**Mercy Medical Pavilion
3rd Floor, Classrooms C & D
315 Mercy Ave
Merced, CA 95340**

2018 Class Dates and Times:

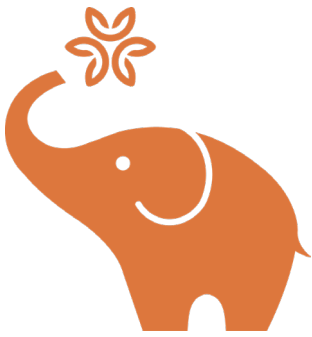
FOUR WEEK COURSES 6 - 9 p.m.

January 3, 10, 17, & 24
 February 1, 8, 15, & 22
 March 7, 14, 21, & 28
 April 4, 11, 18, & 25
 May 2, 9, 16, & 23
 June 6, 13, 20, & 27
 July 2, 9, 16, & 23
 August 1, 8, 15, & 22
 September 5, 12, 19, & 26
 October 3, 10, 17, & 24
 November 5, 12, 19, & 26
 December 6, 13, 20, & 27

ONE DAY ABBREVIATED CLASSES 9 a.m. - 3 p.m.

January 6
 February 3
 March 3
 April 7
 May 12
 June 2
 July 14
 August 4
 September 8
 October 6
 November 3
 December 1

For more detailed information about the Childbirth Preparation Class or to request a Spanish class, call 209.564.4310.



MERCY MEDICAL CENTER

Family Birth Center

Boot Camp for New Dads:

Boot Camp for New Dads is a three-hour workshop taught by experienced fathers and their babies to orient dads who are expecting their first baby. There is no cost to attend this class, however, registration is required.

Boot Camp for New Moms:

Boot Camp for New Moms is a three-hour workshop taught by experienced mothers and their babies to orient moms who are expecting their first baby. There is no cost to attend this class, however, registration is required.

2018 Workshop Dates and Times:

Both Boot Camps are held on Saturdays from 9 a.m. - 12 p.m. in the same location, but different rooms.

January 20	July 21
February 17	August 18
March 17	September 15
April 21	October 20
May 19	November 17
June 16	December 15

For Registration:

Call the Merced County Human Services Agency at 209.385.7521.

Stork Tour

The first stop along the Stork Tour is held at the Mercy Medical Pavilion, next to the hospital, where you will have the opportunity to meet local community organizations specializing in helping expectant mothers before and after delivery.

The second part of the stork tour includes a tour of Mercy's Family Birth Center where you will be shown each room you will be in during the different stages of your stay in the Family Birth Center, as well as where you need to go to register.

There is no cost or registration required to attend this event.

Stork Tours Begin at:

**Mercy Medical Pavilion
3rd Floor, Classrooms C & D
315 Mercy Ave
Merced, CA 95340**

2018 Stork Tour Dates and Time:

Stork Tour: 6 - 7 p.m.

January 9	July 10
February 13	August 14
March 13	September 11
April 10	October 9
May 8	November 13
June 12	December 11

Childbirth Preparation Class for C-Sections

The first stop along the Stork Tour is held at the Mercy Medical Pavilion, next to the hospital, where you will have the opportunity to meet local community

Location:

**Mercy Medical Pavilion
3rd Floor, Classrooms C & D
315 Mercy Ave
Merced, CA 95340**

2018 Dates and Time:

6 - 9 p.m.
January 31
March 29
May 30
August 29
October 30

For more information, contact our Education Department at 209.564.4384.



Turn this sheet over for information and dates on our Breastfeeding and Childbirth Classes.