

Childbirth Preparation Class

The Childbirth Preparation Class prepares expectant families for birth. Some topics covered include: last stages of pregnancy and the childbirth process, relaxation, breathing, and “coaching” techniques, as well as post-partum, breastfeeding, and newborn care.

2024 Online Zoom Classes

Dates:

January 13	May 11	September 28
February 24	June 22	October 19
March 9	July 20	November 9
April 27	August 24	December 14

Time: 9am - 3pm

Zoom Information: The link for the class will be emailed to you after you are registered for the class.

Registration: There is \$10 fee to attend this class and registration is required.

To register, contact Dawn Arnsberg by email at Dawn.Arnsberg@dignityhealth.org or by phone at 209.564.5285 or 209.617.8003.



Dignity Health
Mercy Medical Center