

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.

2025 In-Person Classes

Dates:

Jan 21, 28	May 6, 13	Sep 23, 30
Feb 18, 25	Jun 17, 24	Oct 21, 22
Mar 18, 25	Jul 29, 31	Nov 11, 18
Apr 8, 15	Aug 19, 26	Dec 16, 17

Time: 5:30m - 8:30pm

Location: Mercy Medical Pavilion

3rd Floor, Classrooms C/D
315 Mercy Ave | Merced, CA 95340

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

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

