

# 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.

## 2026 In Person Classes

### Dates:

Jan. 20, 27	May 12, 19	Sept. 8, 15
Feb. 10, 17	Jun. 3, 4	Oct. 13, 20
Mar. 17, 24	Jul. 28, 29	Nov. 10, 17
Apr. 14, 21	Aug. 18, 25	Dec. 15, 16

**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 Lisa Van Hagen by phone at 209.564.5238 or by email at [lisa.mccurdy@commonspirit.org](mailto:lisa.mccurdy@commonspirit.org)

