

Dignity Health - Northridge Hospital Family Birth Center

Free Education Classes

2022 Schedule

May						
Su	Mo	Tu	We	Th	Fr	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				

June						
Su	Mo	Tu	We	Th	Fr	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		

July						
Su	Mo	Tu	We	Th	Fr	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						

August						
Su	Mo	Tu	We	Th	Fr	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						
Su	Mo	Tu	We	Th	Fr	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						
Su	Mo	Tu	We	Th	Fr	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						
Su	Mo	Tu	We	Th	Fr	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						
Su	Mo	Tu	We	Th	Fr	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

Virtual Childbirth Education Series (Live Zoom Session)

Wednesdays 7 p.m. - 9 p.m.

Prepare for your child's birth by learning about what to expect and how to enjoy the experience. This is a four class series that can be joined at any time. Registration is recommended by the 6th month of pregnancy. Partners encouraged to attend.

Classes start on the first Wednesday of the month

- Week 1 Stages of Labor: Signs, Symptoms & Emergencies
- Week 2 Pain Management/Cesarean Birth
- Week 3 Breastfeeding Workshop (Grandmothers Encouraged to Attend!)
- Week 4 Postpartum/Parenting

Maternity Tour (In-person)

Once a month on a Friday, 1 p.m. - 2:15 p.m. and once a month on a Tuesday, 11 a.m. - 12:15 p.m.

Informational Orientation followed by a walking tour of our state-of-the-art Family Birth Center.

In-Person Maternity Tours have resumed at Northridge Hospital. Proof of Covid-19 vaccine or a negative Covid Test in the last 72 hours required to enter the hospital. Properly fitted masks are also required to enter the hospital. No children Allowed. Pregnant patients can only bring one partner to the tour. Space is limited. Call to reserve your spot! Covid guidelines can change at any moment. Virtual tours are always available. See QR Codes below.

Virtual Maternity Tour

If you cannot attend an in-person tour, please view our virtual tour. It's the next best thing! Scan the QR Code with your Smart phone to access the virtual tour.



Recorrido Virtual del Centro de Maternidad

Sabemos que no es lo mismo que hacer un recorrido en persona pero es una buena opción. Escanee el código "QR" con su teléfono para poder entrar al recorrido virtual.



Breastfeeding Support Group (In-Person begins August 4th!)

Every Thursday 1 p.m. - 2 p.m.

Offered every Thursday for mothers looking to exchange breastfeeding information and experiences. Led by a Lactation Educator. Properly fitted masks and proof of Covid-19 vaccine or a negative Covid Test in the last 2 days required to enter the hospital. No registration necessary! Call 818.885.8500 x 2289 for Zoom Link

Child Safety 101 - Video Library

Home Safety Video

Reduce hazards and increase safety at home

Car Seat Safety Video

90% of people install their baby's car seat incorrectly. Recommended for all caregivers, including grandparents and babysitters!

Email Cristina.Morales@commonspirit.org for access to the video library

All classes are free. 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.

Class dates may be subject to change or cancellation.

