

# Dignity Health - Northridge Hospital Family Birth Center

## Free Education Classes

### 2023 Schedule

January						
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				

February						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

March						
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26	27	28	29	30	31	

April						
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23	24	25	26	27	28	29
30						

May						
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21	22	23	24	25	26	27
28	29	30	31			

June						
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18	19	20	21	22	23	24
25	26	27	28	29	30	

July						
Su	Mo	Tu	We	Th	Fr	Sa
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23	24	25	26	27	28	29
30	31					

August						
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27	28	29	30	31		

September						
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24	25	26	27	28	29	30

October						
Su	Mo	Tu	We	Th	Fr	Sa
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29	30	31				

November						
Su	Mo	Tu	We	Th	Fr	Sa
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19	20	21	22	23	24	25
26	27	28	29	30		

December						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
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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 Tuesday, 11 a.m. - 12:15 p.m and once a month on a Friday, 1 p.m. - 2:15 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.

#### 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!

#### Breastfeeding Support Group (In-person)

**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 more information

**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.

