

Dignity Health - Northridge Hospital Family Birth Center

Free Education Classes 2021 Schedule

April						
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	

May						
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23	24	25	26	27	28	29
30	31					

June						
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July						
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25	26	27	28	29	30	31

August						
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29	30	31				

September						
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October						
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31						

November						
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28	29	30				

December						
Su	Mo	Tu	We	Th	Fr	Sa
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19	20	21	22	23	24	25
26	27	28	29	30	31	

Northridge Hospital Maternity Tour
Pre-Recorded Video Presentation
 Informational Orientation followed by a walking tour of our state-of-the-art Family Birth Center

Child Safety 101
Pre-Recorded Video Presentation
 Tips for coping as new parents, baby safety, reducing hazards, car seat safety, and Infant CPR (non-certified). Recommended for Grandparents!

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

Taking Care of Mama (Live Zoom Session)
Virtual Support Group for Pregnant and Postpartum Women
 Every Tuesday 2 p.m. - 2:45 p.m.
 A Virtual opportunity for pregnant and new moms to connect and gain support during these challenging times. All are welcome at no cost. Join one meeting or join all. Zoom meetings facilitated by Maternal Mental Health Now Staff: Anna King, LCSW, PMH-C and Gabrielle Kaufman, MA, LPCC, BC-DMT, NCC, PMH-C
To receive registration link/for questions contact: Barbara Sheehy (415)544-2395 or email Barbara.Sheehy@dignityhealth.org

Breastfeeding Support Group
Every Thursday 1:30 p.m. - 2:30 p.m. (Live Zoom Session)
 Offered every Thursday for mothers looking to exchange breastfeeding information and experiences. Led by a Lactation Educator. Walk-ins welcome!

**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.**