

2022 CHSB Maternal Education

Prepared Childbirth

The prepared Childbirth Method is a physical and psychological preparation for childbirth that addresses Laboring techniques, breastfeeding and newborn topics. Classes include anatomy and physiology of labor, breathing techniques, relaxation, plus discussions regarding fetal monitoring and medications. Registration required. Virtual option also available.

January 13, 20, 27

February 3, 10, 17

March 3, 10, 17

April 14, 21, 28

May 12, 19, 26

June 16, 23, 30

July 14, 21, 28

August 4, 11, 18

September 1, 8, 15

October 6, 13, 20

November 3, 10, 17

December 1, 8, 15

Breast-feeding Center

Congratulations on the newest addition to your family. We are committed to helping you make Breast-feeding a positive experience. We offer a personal nurturing environment with an experienced and caring staff available to help prepare and educate you on what to expect. By appointment only.

Please call the Health Education Center to schedule an appointment.

For additional information, please contact the Health Education Center at 909.806.1816

Health Education Center

1725 Western Ave

San Bernardino, CA 92411

909.806.1816

chsbBABY.org