

Dignity Health – Northridge Hospital Family Birth Center

Free Education Classes

2019 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	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

March						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April						
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21	22	23	24	25	26	27
28	29	30				

May						
Su	Mo	Tu	We	Th	Fr	Sa
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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
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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
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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
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

September						
Su	Mo	Tu	We	Th	Fr	Sa
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22	23	24	25	26	27	28
29	30					

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

November						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
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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
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Maternity Tour (Choose One)
Every First Wednesday 6:30 – 8:30 p.m.
 Informational orientation followed by a walking tour of our state-of-the-art Family Birth Center

Child Safety 101 (Choose One)
Wednesdays 6 – 9 p.m. or Saturdays 10 a.m. – 1 p.m.
 Tips for coping as new parents, baby safety, reducing hazards, car seat safety and Infant CPR (non-certified). Grandparents welcome!

Childbirth Education Series
Tuesdays 6 – 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 (*Grandmothers Encouraged to Attend!*)
- Class 4 Postpartum/Parenting

Childbirth Weekend Express
2 Consecutive Saturdays 10 a.m. – 2 p.m.
 Condensed version of the Childbirth Education Series

- Class 1 Stages of Labor & Pain Management
- Class 2 Breastfeeding Workshop & Postpartum Parenting

Breastfeeding Support Group
Every Thursday 10 – 11:30 a.m.
 Offered every Thursday for mothers looking to exchange breastfeeding information and experiences. Led by a Lactation Educator.

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.