



Classes

Class 1: "We're Pregnant! What's happening?" Overview & informed decision-making.

Class 2: "Preparing for a Marathon: It's a walk in the park." Understanding labor.

Class 3: "Getting to the finish line!" Coping with transition, second, and third stages. Making a plan.

Class 4: "But I thought I could read the map!" Dealing with variations and complications in labor and birth.

Class 5 "Choices, choices: A trail guide." Pain medicines, hospital tour, labor review, and birth plan.

Class 6: "We are a family! Now what?" Breastfeeding, postpartum care for moms, dads, siblings, and the newborn.

2020 Childbirth Education Classes

Classes held each Tuesday,
for six weeks from 6:30 pm - 8:30 pm

Courses offered 4 times a year.

January 28, 2020 ending March 3, 2020

April 28, 2020 ending June 2, 2020

July 28, 2020 ending September 1, 2020

October 27, 2020 ending December 1, 2020

You can register by;

Visiting: www.forkshospital.org

Calling: 360-327-8436

Emailing: cassieh@forkshospital.org

Walking In: Forks Community
Hospital Admitting Desk



Courses are held at
The Caring Place
481 West E Street
Forks, WA

