

Monday, July 8

- Childbirth Education Classes - 6:00pm

Tuesday, July 9

- FREE Advanced Directives Workshop - 1:00pm

Sunday, July 21

- Sunday Fun Day - Family Resource Fair - 2:00pm

Childbirth Education Classes

Time: 6:00pm



Congratulations, you are having a baby!

This is such an exciting time for new parents. Taking a childbirth class can help you feel more prepared for the upcoming birth and beyond. Each class series has four (4) classes that cover topics such as:

- What to expect in your third trimester
- Labor comfort measures
- Medical procedures
- Newborn care
- Breastfeeding
- Car seat safety
- Post-partum depression

Schedule: 4-week classes - Mondays from 6 PM - 9 PM

Childbirth Education Class: April 29 – May 20 | 6:00 PM - 9:00PM

- Monday April 29th | Childbirth Class 1
- Monday May 6th | Childbirth Class 2
- Monday May 13th | Newborn Care
- Monday May 20th | Breastfeeding

Childbirth Education Class: July 8 – July 29 | 6:00 PM - 9:00PM

- Monday July 8th | Childbirth Class 1
- Monday July 15th | Childbirth Class 2
- Monday July 22nd | Newborn Care
- Monday July 29th | Breastfeeding

Childbirth Education Class Sep 9 – Sep 30 | 6:00 PM - 9:00PM

- Monday Sept 9th | Childbirth Class 1
- Monday Sept 16th | Childbirth Class 2
- Monday Sept 23rd | Newborn Care
- Monday Sept 30th | Breastfeeding

Childbirth Education Class: Oct 28 – Nov 18 | 6:00 PM - 9:00PM

- Monday Oct 28th | Childbirth Class 1
- Monday Nov 4th | Childbirth Class 2
- Monday Nov 11th | Newborn Care
- Monday Nov 18th | Breastfeeding

Payment: \$85.00 due at the first class session cash or check.

Things you need to know:

- You should register for your class between 22 - 36 weeks of pregnancy.
- Class is for expecting mothers and their support person.
- Wear comfortable clothing.
- Park at the front of the hospital and enter through the main doors. Classroom is to your left, right of the Cafe.

We are excited to help you get ready for this beautiful journey and welcome your child into the world.

FREE Advanced Directives Workshop

Time: 1:00pm

Have you outlined your advanced directives?

An advanced directive is a legal document that outlines your express wishes regarding medical treatment in the event of incapacity. This document helps you, helps your loved ones, and helps medical providers carry out your wishes.

Come learn more about Advanced Directives at a FREE workshop presented by Gentiva Hospice, sponsored by Willamette Valley Medical Center.

Sunday Fun Day - Family Resource Fair

Time: 2:00pm

As parents we all want the best for our children, and Willamette Valley Medical Center's Family Birth Center is here to help. Connect with community resources, class information, tours of facility, and learn how to support your child's growth.

Each month will feature new service or resource for our local families including:

- Car seat clinic,
- Childbirth class information,
- Birthing center tours,
- Nutrition, and
- Variety of community resources.

2024 Dates:

- February 18th
- March 17th
- April 21st
- May 19th
- June 16th
- July 21st
- August 18th
- September 15th
- October 20th
- November 17th