

Breastfeeding Care Line

A phone service women can call with questions or concerns about breastfeeding. All calls will be returned within 24 hours by the St. Joseph Hospital Lactation Team. We look forward to hearing from you!

Call 445-8121, ext. 7536.

Prenatal Yoga

A weekly class that can be joined at any point in pregnancy. Stretching, strengthening, and relaxation are taught to help prepare for labor. Bring a blanket or mat. *Class meets in the Burre Room (third floor) of the General Hospital Campus, 2200 Harrison Avenue Eureka.*

Fridays, 1:30 - 3:00 pm

Infant Massage and Communication

This three week class teaches parents effective massage techniques to use with their babies. In addition, it teaches how to recognize and respond to infant cues, facilitation communication and bonding.

Three consecutive Mondays, 4:00 - 5:30 pm

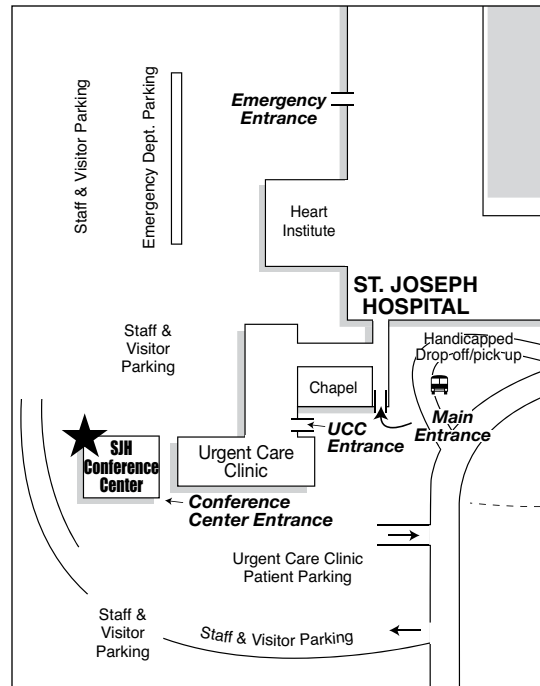
Jan. 25, Feb. 1, 8 Aug. 16, 23, 30
May 3, 10, 17 Nov. 15, 22, 29

Movie Night

So many birth videos, so little time! Join us for a showing of various favorites. There will be a different program each month.

*First Friday of each month, 6:30 - 8:30 pm
(no class in January or July)*

Feb. 5 March 5 April 2
May 7 June 4 Aug. 6
Sept. 3 Oct. 1 Nov. 5
Dec. 3



Fee Schedule

Free Classes: Hospital Orientation, Breastfeeding Support, and Basic Infant/Child Life Support

Single Classes: Early Pregnancy, Sibling Preparation, Refresher Class, and Breastfeeding and Bagels, \$5 each or Class Pass

Class Pass: \$25 entitles attendance of Prepared Childbirth Classes, plus any single classes.

Prenatal Yoga: by donation

No interested clients will be turned away for inability to pay - please see class instructor.

To register for classes call 269-3605

Classes are held at the St. Joseph Hospital Conference Center, room 1, located at the southwest corner of St. Joseph Hospital, 2700 Dolbeer Street, Eureka.

(unless otherwise indicated)

Class schedule also online: stjosepheureka.org

Childbirth Preparation & Related Classes 2010

offered by
the St. Joseph Hospital
Childbirth Center

Childbirth Center

St. Joseph Hospital 
ST. JOSEPH
HEALTH SYSTEM

Unless otherwise stated, classes are held in Conference Room 1, located behind Urgent Care at the southwest corner of St. Joseph Hospital, 2700 Dolbeer Street, Eureka (see map on back).

Prepared Childbirth

This six-week course is designed to prepare expectant couples for the emotional and physical aspects of childbirth. Comfort measures, relaxation, and breathing techniques are taught. Post-partum care and car seat safety will be covered. Please bring pillows or mats.

Sundays 5:00 - 7:00 pm

Jan. 10 – Feb. 14
 Feb. 28 – April 11 (no class April 4)
 April 25 – June 6 (no class May 30)
 June 20 – Aug. 1 (no class July 4)
 Aug. 15 – Sept. 26 (no class Sept. 5)
 Oct. 10 – Nov. 14
 Dec. 5 – Jan. 23 (no classes Dec. 26 or Jan. 2)

Mondays 6:30 - 8:30 pm

Feb. 1 – March 8 March. 22 – April 26
 May 10 – June 21 (no class May 31)
 July 5 – Aug. 9
 Aug. 23 – Oct. 4 (no class Sept. 6)
 Oct. 18 – Nov. 22
 Dec. 6 – Jan. 17 (no class Dec. 27)

Early Pregnancy

Class covers prenatal exercises, nutrition, comfort measures, community resources, and support for the exciting time ahead. Partners are encouraged to attend.

Quarterly, second Tuesday of the month 6:30 - 8:30 pm

Feb. 19 May 11 Aug. 10
 Nov. 9

Comfort Measures for Labor & Delivery

A one-evening class covering and practicing coping techniques for birth.

Mondays, 6:30 - 8:30 pm

March 15 May 3 June 28
 Aug. 16 Sept. 11 Nov. 29

Sibling Preparation

This class is designed to help support young brothers and sisters for the arrival of the new baby. Information will be shared on the birth process, sibling attachment, and newborn care. Pre-registration is required.

First Saturday of each month, 10:00 am - 12:00 pm

Jan. 2	Feb. 6	March 6
April 3	May 1	June 5
July 3	Aug. 7	Sept. 4
Oct. 2	Nov. 6	Dec. 4

Hospital Orientation

An in-depth look at the Childbirth Center at St. Joseph Hospital. *Groups meet at the Childbirth Center Waiting room at St. Joseph Hospital.*

Second Tuesday of each month, 6:00 - 7:30 pm

Jan. 12	Feb. 9	March 9
April 13	May 11	June 8
July 13	Aug. 10	Sept. 14
Oct. 12	Nov. 9	Dec. 14

Fourth Sunday of each month, 3:00 - 4:30 pm (third Sundays in Nov. and Dec.)

Jan. 24	Feb. 28	March 28
April 25	May 23	June 27
July 25	Aug. 22	Sept. 26
Oct. 24	Nov. 21	Dec. 19

Basic Infant/Child Life Support Class and Child Safety

This class teaches the principles of infant and child resuscitation, plus common-sense child safety.

First Thursday of each month, 6:00 - 8:00 pm

Jan. 7	Feb. 4	March 4
May 6	June 3	July 1
Aug. 5	Sept. 2	Oct. 7
Nov. 4	Dec. 2	

Refresher Class

This is a class for families who have previously given birth. Labor review, comfort measures, and a long relaxation are included.

Third Tuesday of each month, 6:30 - 8:30 pm (second Tuesday in Dec.)

Jan. 19	Feb. 16	March 16
April 20	May 18	June 15
July 20	Aug. 17	Sept. 21
Oct. 19	Nov. 16	Dec. 14

Breastfeeding and Bagels

You won't want to miss this informative class taught by Star Siegfried, board-certified lactation consultant at St. Joseph Hospital. This in-depth class covers breastfeeding basics and beyond. Partners are highly encouraged to attend.

Second Saturday of each month, 10:30 am - 1:00 pm

Jan. 9	Feb. 13	March 13
April 10	May 8	June 12
July 10	Aug. 14	Sept. 11
Oct. 9	Nov. 13	Dec. 11

Sundays at 7 week intervals, 5:00 - 7:00 pm

Taught by board-certified lactation consultants Kit Meyer and Linda Willcut.

Feb. 21	April 18	June 13
Aug. 8	Oct. 3	Nov. 21

Breastfeeding Mothers Support Circle

Join other nursing moms and our lactation consultant in a discussion group for sharing and problem solving. *Group meets in the Conference Room at 317 3rd Street in Eureka.*

Tuesdays, 10:00 am - 12:00 pm

Breastfeeding Works

Taught by the lactation team at St. Joseph Hospital, this informative class is designed for breastfeeding mothers planning on returning to work or school, or mothers wanting to know more about pumping and storage. Call 822-7743 to pre-register.

First Wednesday of each month 6:00 - 8:00 pm

Jan. 6	Feb. 3	March 3
April 7	May 5	June 2
July 7	Aug. 4	Sept. 1
Oct. 6	Nov. 3	Dec. 1