

Prenatal classes and groups – 2023 schedule

Prenatal prep 101

Fee: \$180

[Register for Prenatal prep 101](#)

(select the first date of the class in the booking tool)

Saturday series (3 consecutive Saturdays) 10 a.m. to 2 p.m.

January 7, 14 and 21
January 28, February 4 and 11
April 15, 22 and 29
May 27, June 3 and 10
July 8, 15 and 22
August 12, 19 and 26
September 9, 16 and 23
October 14, 21 and 28
November 11, 18 and 25
December 2, 9 and 16

Tuesday series – 6:30 p.m. to 8:30 p.m.

January 3 to February 7
February 21 to March 28
April 18 to May 23
May 30 to July 4
September 5 to October 10
October 24 to November 28

Wednesday Series – 6:30 p.m. to 8:30 p.m.

January 4 to February 8
February 22 to March 29
April 12 to May 17
May 31 to July 5
July 19 to August 23
September 6 to October 11
October 25 to November 29

Thursday Series – 6:30 p.m. to 8:30 p.m.

January 5 to February 9
February 23 to March 30
April 13 to May 18
June 1 to July 6
July 20 to August 24
September 7 to October 12
October 26 to November 30

Relaxation and Comfort Measures for Birth
Tuesdays – 6:30 to 8:30 p.m.
Fee: \$75

[Register for Relaxation and Comfort Measures for Birth](#)

January 24 & 31
March 21 & 28
April 25 & May 2
June 20 & 27
August 15 & 22
September 19 & 26
November 21 & 28

Infant Care Class
Tuesdays - 6:30 p.m. to 9 p.m.
Fee: \$80

[Register for Infant Care Education](#)

(select the first date of the class in the booking tool)

January 10 & 17
February 21 & 28
March 7 & 14

April 11 & 18
May 9 & 16
June 6 & 13
July 18 & 25
August 1 & 8
September 5 & 12
October 3 & 10
November 7 & 14
December 5 & 12

Breastfeeding Basics
Wednesdays – 7 p.m. to 9 p.m.
Fee: \$40

[Register for Breastfeeding Basics](#)

(select the date of the class in the booking tool)

January 4
February 15
March 15
April 26
June 7
July 19
August 30
October 11
November 22
December 27