Parenting Classes
2015 Schedule of Classes

Prenatal Classes
The prenatal classes give expectant mothers a comprehensive look at labor and delivery. Mothers will learn breathing strategies, relaxation techniques and pain management skills, as well as what to expect in the hospital. The class includes a tour of Clarion Hospital’s Women’s Health and Birth Center.
Instructor: Susan Songer, RN
Fee: $40. payable upon registration
Times 6-9 p.m.

Breastfeeding Classes
Feb 4, May 6, Aug 5, and Nov 4 in the West Wing Conference Room
This class is for mothers who are considering breastfeeding. The program will cover topics such as the benefits of breastfeeding for both mom and baby. Education will include proper positioning and latching, feeding frequency and duration. We will discuss how to tell if your infant is nursing well and common breastfeeding questions.
Instructor: Jayme Baumcratz, RN, IBCLC
Fee: $25
Times: 6-9 p.m.

Registrations accepted Wednesday –Friday by calling 226-1DOC (226-1362)