

## MOMMY'S MILK MEETING

Breastfeeding Support Group  
Women's Center Classroom  
3rd Wednesday of the month, 7 to 8:30 p.m.  
Cost: No fee

Monthly support group for women who are currently breastfeeding or who plan to breastfeed their infants. Sharing of information and experiences make this a lively fun group. Mothers are encouraged to bring their babies. Grandmothers and other interested women are invited! Hosted by experts from the Lactation Center at Saint Vincent. No registration is necessary. For further information, please call the Lactation Center at 452-7732.

January 19	July 20
February 16	August 17
March 16	September 21
April 20	October 19
May 18	November 16
June 15	December 21

## THE ABCS OF CPR

CPR for Infants, Children, and Adults  
Educational Services Classroom  
224 West 26th Street  
Saturdays, 9 a.m. to 1 p.m.  
Cost: \$40 per person

Focuses on the prevention of sudden infant death syndrome (SIDS), injuries, and choking in children. Course also includes warning signs of heart attack, stroke, cardiac arrest, and choking in adults. Cardiopulmonary resuscitation (CPR) techniques taught for both children and adults.

March 12  
June 11  
November 12

## MOTHERS AND DAUGHTERS: ON GROWING UP

For girls 9-12 and their moms  
Women's Center Classroom  
Saturday mornings, 9 a.m. – noon  
Cost: \$20 per mother-daughter couple: \$5 for each additional daughter

A helpful, fun class to open the lines of communication about the physical and emotional changes and challenges of puberty.

February 26  
May 21  
October 22

## WE'RE A BIGGER FAMILY NOW!

Sibling Preparation Class  
Meet at Saint Vincent Health Center Information Desk/Main Lobby - Tuesdays, 6:30 to 8 p.m.  
Cost: \$10 for one child; \$5 for each additional child

A one-time class to educate young children on what to expect when the new baby comes. Take-home tips for parents on minimizing "sibling rivalry." Children are encouraged to bring a favorite doll or stuffed animal to class. Parents should schedule this class close to their due dates. For children ages 3 to 10.

February 1  
April 5  
June 7  
August 2  
October 4  
December 6

## DADS MAKE A DIFFERENCE!

A Class for Fathers-to-Be or New Dads  
Women's Center Classroom  
Monday evenings, 7 to 9 p.m.  
Cost: \$10 per dad

Basic how-to's for expectant fathers. Includes information on newborn care, understanding and managing life with a baby, support for the nursing mother, and other topics of interest to a new dad.

January 24  
June 27  
September 19

## SO YOU'RE GOING TO BE A GRANDPARENT!

A Class for Expectant or New Grandparents  
Women's Center Classroom  
Monday evenings, 7 to 9 p.m.  
Cost: \$10 per person/\$15 per grandparent couple

Brush up grandparenting skills, whether they're fledgling or already established! Babies are still babies, but things may be a little different from the days when your children were little. Learn about back-sleeping rather than tummy-sleeping, later introduction of solid foods, breastfeeding, and other topics – as well as the "why's."

March 21  
July 18  
December 19

## MATERNITY TOURS

Tours of the maternity floor are part of the Labor Prep classes. However, for those moms and dads who are unable to attend class or who would like another look, tours can also be scheduled by calling 452-5664.

## CLASS CANCELLATIONS

Saint Vincent Women's Diagnostic Center reserves the right to cancel any program due to insufficient enrollment. In the event of such cancellation, all registrants will be notified and fees refunded in full. If a participant needs to withdraw from a Beautiful Beginnings program, a full refund will be issued for cancellations received seven or more days in advance of the program. If you have a question as to whether a class is canceled due to weather conditions, please call the Call Center at 866-4817 at least one hour before class time.

## THE AMERICANS WITH DISABILITIES ACT

Individuals with disabilities are entitled to be included, attend, and participate in educational programs. If you need auxiliary aids or services identified in the Americans with Disabilities Act for these programs, please call Saint Vincent Educational Services at 814/452-5686 at least two weeks in advance.

## YOUR CLASSES MAY BE REIMBURSABLE

These classes may be reimbursed by your health insurance provider. This means that, while you pay for your classes "up front," your health insurance will pay you back when you submit the appropriate form. Please check with your insurance provider to see whether your insurance reimburses for prenatal education classes and what the process is to obtain your refund.

232 West 25 Street ■ Erie, Pennsylvania ■ 16544  
www.saintvincenthealth.com  
814/452-5664

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# saint vincent health center 2011 Prenatal Class Schedule



For every woman, every day, we deliver.



www.SaintVincentHealth.com



Saint Vincent is proud to announce the completion of its new \$12 million mother and baby building project, which has delivered 27 brand new, beautiful, private rooms, a new nursery and the region's largest, state-of-the-art neonatal intensive care unit.

While our new moms love this warm, cozy, new environment, they know that the compassionate care they receive from our ever-growing team of obstetricians and the area's most experienced obstetric nursing team, is the best in the region. That's why parents choose Saint Vincent two-to-one for the birth of their babies over any other hospital in the area.

We know how important it is to be prepared for childbirth and caring for a new infant. That's why we're proud that our Beautiful Beginnings classes are taught by highly experienced nurses who are committed to helping you and your family understand the changes and needs of pregnancy and birth, as well as the adjustments that follow the arrival of a new baby. We invite you and your support person to participate in this important learning process.

New online childbirth education classes! Visit [SaintVincentHealth.com/babies](http://SaintVincentHealth.com/babies) for details and a free demo.

### SCHEDULING AND FEES

To schedule your class dates, call Saint Vincent at 452-5664 or e-mail [sbuffalari@svhs.org](mailto:sbuffalari@svhs.org). Make sure to schedule Preparation for Labor classes about two months before your due date. Class size is limited so early registration is recommended.

Individual class fees are listed with course descriptions. Arrangements may be made for mothers who cannot afford registration fees. For more information call Saint Vincent Educational Services at 452-5686.

After scheduling your class choices, you will receive registration confirmation, a bill for classes, and payment information. Please send your payment in full at least 2 weeks before the class begins.

All classes, with the exception of Sibling Preparation and CPR, are held in the Women's Center Classroom, 311 West 24 Street.

### WORK AND BREASTFEED? YES YOU CAN!

Working Mother and Breastfeeding  
Women's Center Classroom  
Thursday evenings, 7 to 9 p.m.  
Cost: \$15

It IS possible to breastfeed your baby while working outside the home! And we have just the class ... filled with expert information and helpful tips! A session for women who are interested in learning about combining work and breastfeeding. Strategies for success. Introduction to the services available at the Lactation Center at Saint Vincent. Open to mothers in the last trimester of pregnancy or mothers who are nursing a small baby. In fact, small babies are expected to accompany their mothers!

January 27  
March 24  
May 26  
July 28  
September 22  
December 1

### MOMMY & ME PLAYGROUP

Women's Center Classroom  
1st and 3rd Tuesday of the month  
September through May, 10 - 11 a.m.  
Cost: Free

Bring your toddler for a fun and relaxing playgroup facilitated by moms who are nurses.

### THE YOUNG AND THE SLEEPLESS!

Newborn Care Classes  
Women's Center Classroom  
Thursday Evenings, 6:30 to 9 p.m.  
Cost: \$15

For women and/or couples five through nine months pregnant and couples with infants up to 6 weeks old. The class focuses on normal infant development, infant care, safety tips, and parenting skills.

January 6	July 7
February 3	August 4
March 3	September 1
April 7	October 6
May 5	November 3
June 2	December 8

### LET'S DO IT AGAIN!

Labor Refresher Class  
Women's Center Classroom  
Saturdays, 9 a.m. to 1 p.m. (one class only)  
Cost: \$20 per couple

For couples who have had babies previously, yet want a little refresher on labor, relaxation and breathing techniques, and postpartum care. Dress comfortably, in a seasonal fashion (sweats are great in winter, shorts will be fine in summer!). Bring two pillows, one blanket, and a bag lunch if desired. Juice is provided. Maternity tour included.

February 19  
June 18  
October 15

### IS THAT WHAT THEY'RE FOR?

Breastfeeding Class for New Parents  
Women's Center Classroom  
Thursday evenings, 7 to 9 p.m.  
Cost: \$15

For couples interested in nursing their newborns or making an informed feeding choice. Information about the benefits of breastfeeding, how to start, and an introduction to the services available at the Lactation Center at Saint Vincent and other community resources. Dads are encouraged to attend!

January 13	July 14
February 10	August 11
March 10	September 8
April 14	October 13
May 12	November 10
June 9	December 15

### EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT LABOR BUT WERE AFRAID TO ASK!

Saturday Preparation for Labor Classes  
Women's Center Classroom  
Saturdays, 9 a.m. to 1 p.m.  
Cost: \$30 per couple

A two-week class on pregnancy, labor, relaxation and breathing techniques, and postpartum care – for couples in the last trimester of pregnancy. The class is suitable for first-time parents and those who have already experienced childbirth but want a refresher. Dress comfortably, in a seasonal fashion (sweats are great in winter, shorts will be fine in summer!). Bring two pillows, one blanket, and a bag lunch, if desired. Juice is provided. Maternity tour included.

January 8,15	July 9,16
February 5,12	August 6,13
March 5,12	September 10,17
April 2,9	October 1,8
May 7,14	November 5,12
June 4,11	December 3,10

### EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT LABOR BUT WERE AFRAID TO ASK!

Weekday Preparation for Labor Classes  
Women's Center Classroom  
Monday or Tuesday evenings, 6:30 to 9 p.m.  
Cost: \$30 per couple

A three-week class on pregnancy, labor, relaxation and breathing techniques, and postpartum care – for couples in the last trimester of pregnancy. The class is suitable for first-time parents and those who have already experienced childbirth but want a refresher. Dress comfortably, in a seasonal fashion (sweats are great in winter, shorts will be fine in summer!). Bring two pillows, one blanket, and a bag lunch, if desired. Juice is provided. Maternity tour included.

Tues. January 4,11,18	Tues. July 5,12,19
Mon. February 7,14,21	Mon. August 1,8,15
Tues. March 1, 8, 15	Tues. September 6,13,20
Mon. April 4,11,18	Mon. October 3,10,17
Tues. May 3, 10, 17	Tues. November 1,8,15
Mon. June 6,13,20	Tues. December 6,13,20