



Community Outreach at  
Queen of the Valley Medical Center

## 2010 SCHEDULE OF CLASSES

# Maternity & Family Centered Education

**TO REGISTER** for classes, please call **251-2026**. Please register as soon as possible in your pregnancy, as class size is limited. It is recommended you complete **childbirth classes** about one month before your due date. Occasionally a class will need to be rescheduled, and some dates may vary due to holidays. Please note location of classes: classes are held at **Community Outreach**, 3448 Villa Lane, Suite 102, the **Wellness Center** at the corner of Villa Lane and Trancas St., or at Queen of the Valley Medical Center (**QVMC**), 1000 Trancas St. We encourage your support person(s) to attend the classes.\*

*Classes are free for QVMC employees and those with Medi-Cal or Partnership HealthPlan.*

### Pregnant and Hormonal!

FREE

**\*Please note: this is just for moms!**

A moms-only class that discusses what to expect with your hormones and emotions throughout pregnancy and postpartum. Stress reduction and self-care techniques will be explored. This class can be taken at any point in your pregnancy.

**Where:** Community Outreach, 3448 Villa Lane, Suite 102

**When:** 1st Thursday of every month; 10:00-11:00 am

**Class Dates:** 1/7, 2/4, 3/4, 4/1, 5/6, 6/3, 7/1, 8/5, 9/2, 10/7, 11/4, 12/2

### Maternity Center Tour

FREE

Please join us for a tour of the Maternity Center and receive your pre-admission paperwork. Registration is required. Childcare is not available.

**Where:** QVMC; Maternity Center Lobby

**When:** 2nd Saturday of every month; 9:30 – 10:30 am

**Class Dates:** 1/9, 2/13, 3/13, 4/10, 5/8, 6/12, 7/10, 8/14, 9/11, 10/9, 11/13, 12/11

### Breast and Bottle-feeding

\$15

A prenatal class which includes helpful hints and information useful to any mother-to-be desiring to breastfeed her newborn. Pumping and storing of breast milk, partner's role, bottle-feeding, and the unique issues families face when returning to work will be covered. A lactation consultant teaches the class. You are encouraged to bring dad or a support person.

**See Boot Camp for Dads' description below.**

**Where:** Community Outreach, 3448 Villa Lane, Suite 102

**When:** 1st Monday of every month; 6:30 – 8:30 pm

**Class Dates:** (\*No class in Jan.), 2/1, 3/1, 4/5, 5/3, 6/7, (\*No class in July), 8/2, (\*No class in Sept.), 10/4, 11/1, 12/6

### Boot Camp for Dads

FREE

This class is held at the same time as the Breast and Bottle-feeding Class. During the second hour, dads gather to learn hands-on skills while addressing aspects unique to fatherhood.

### Newborn Care Part One -

\$15

**Surviving the First Weeks with a New Baby**

**(Part One, Two, Three can be taken in any order)**

This class covers the basics of baby care: sleeping, newborn appearance, signs and symptoms of illness, diapering, swaddling, and postpartum care for mom.

**Where:** Community Outreach, 3448 Villa Lane, Suite 102

**When:** 2nd Monday of every month; 6:30 – 8:30 pm

**Class Dates:** 1/11, 2/8, 3/8, 4/12, 5/10, 6/14, 7/12, 8/9, 9/13, 10/11, 11/8, 12/13

### Newborn Care Part Two -

\$15

**Understanding the Emotional Needs of a New Baby**

**(Part One, Two, Three can be taken in any order)**

Learn to understand baby's behavior and cues as their language; and how to meet baby's emotional needs through responsive attachment parenting. Becoming a mindful parent, and learning to take care of yourself in your role as a new parent will be explored.

**Where:** Community Outreach, 3448 Villa Lane, Suite 102

**When:** 3rd Monday of every month; 6:30 – 8:30 pm

**Class Dates:** 1/18, (\*No class in Feb.), 3/15, 4/19, 5/17, 6/21, 7/19, 8/16, 9/20, 10/18, 11/15, (\*No class in Dec.)

### Newborn Care Part Three –

\$15

**Transitions – Partners to Parents**

**(Part One, Two, Three can be taken in any order)**

A class for couples that explores the transition of partners to parents. Practical strategies include avoiding common pitfalls, communication skills, and how to support each other as the relationship evolves with the arrival of a new baby.

**Where:** Community Outreach, 3448 Villa Lane, Suite 102

**When:** 4th Monday of every month; 6:30 – 8:30 pm

**Class Dates:** 1/25, 2/22, 3/22, 4/26, 5/24, 6/28, 7/26, 8/23, 9/27, 10/25, 11/22, (\*No class in Dec.)

# Childbirth Preparation Classes

Couples who take childbirth preparation classes report greater satisfaction in creating their birth experiences. Knowledge gained through evidence-based research alleviates fears, helps manage pain, and empowers couples to know their options. The Childbirth Preparation Tuesday Night Series and Saturday Class have the same curriculum; but are offered at different times for your convenience. Instructors are Lamaze or ICEA Certified Childbirth Educators.

## Childbirth Preparation

\$50

### Tuesday Night Series

A three-week series that begins the first Tuesday of every month. Class includes an overview of labor and pain management techniques. Options, including a flexible birth plan and medications will be discussed. Bring a support person(s), a blanket, and two pillows. On-Line Childbirth Class discount available for attendees.

**Where:** Community Outreach, 3448 Villa Lane, Suite 102

**When:** 1st Tuesday of every month; 6:30-8:30 pm

**Class Dates:** 1/5, 2/2, 3/2, 4/6, 5/4, 6/1, 7/6, 8/3, 9/7, 10/5, 11/2, 12/7

## Childbirth Preparation

\$50

### Saturday Class

Class includes an overview of labor and pain management techniques. Options, including a flexible birth plan and medications, will be discussed. Bring a support person(s), a blanket, and two pillows to class. On-Line Childbirth Class discount available for attendees.

**Where:** Community Outreach, 3448 Villa Lane, Suite 102

**When:** 1st Saturday of even months; 9:00am - 3:30 pm

**Class Dates:** 2/6, 4/3, 6/5, 8/7, 10/2, 12/4

## On-Line Childbirth Classes

\$25

An interactive web program that features over 50 short video clips, useful pages that can be printed directly from the website, and a multitude of web links to connect to other helpful birth and parenting websites. The complete package includes website access, for the mom who is unable to attend Childbirth classes.

## Epidurals – Everything You Have Ever Wanted to Know

FREE

This class includes a presentation by one of our Certified Nurse Anesthetists (CRNA), a DVD, and a question and answer session.

**Where:** Queen of the Valley Medical Center, Main Conference Room 3. **\*Please Note Location**

**When:** 3rd Thursday of odd months; 5:30-6:30 pm.

**Class Dates:** 1/21, 3/18, 5/20, 7/15, 9/16, 11/18

## Infant and Child CPR

\$20/25

This AMERICAN HEART ASSOCIATION course provides information on infant and child CPR and airway obstruction management. Fees are \$25 per couple or \$20 per individual. To register, call: **251-1370**

**Where:** Queen of the Valley Medical Center, **Classroom A**  
**\*Please note location**

**When:** Thursdays, 6:30-9:00pm or Saturdays, 9:00-11:30am

**Class Dates:** 1/16, 2/18, 3/20, 4/15, 5/15, 6/17, 7/17, 8/19, 9/18, 10/14, 11/20, 12/16

## Prenatal Water Aerobics

FREE

Meet with other moms in this program designed to help expecting moms improve their comfort, strength, and confidence. Facilitated by Physical Therapists. No registration is required – just show up! Childcare is not available.

**What to wear:** A bathing suit or comfortable clothes.

**Where:** Wellness Center; warm pool. **\*Please note location**

**When:** Every Monday and Wednesday; 5:30-6:30 pm;

No class the week of Christmas and New Year's

## Fitness for Two: Pre & Postnatal Fitness

FREE

A fitness program for expecting and postpartum moms – and you can bring your baby! Designed for the unique needs of a woman's changing body. Facilitated by Physical Therapists. No registration is required – just show up!

**Where:** Wellness Center; Studio 2; **\*Please note location**

**When:** Every Friday, 11:30 am – 12:30 pm; No class the

week of Christmas and New Year's

## Sibling Preparation

FREE

The arrival of a new baby affects the family as a whole, especially the new big brother or sister. This class helps siblings get ready for the big event. For ages 2 to 10.

**Where:** Queen of the Valley Medical Center, Main Conference Room 3. **\*Please Note Location.**

**When:** 2nd Friday odd months, 5:30-6:30 pm

**Class Dates:** 1/8, 3/12, 5/14, 7/9, 9/10, 11/12

## Infant Massage

FREE

This three-week series begins the first Friday of every month. Infant Massage provides a demonstration in respectful communication, gentle touch and stroke techniques used by many generations of parents all over the world. Bring baby, blanket, pillow and edible oil. To reserve your spot, call Kathy at 252-4411 ext. 2602. Return calls made Thursday prior to the first class.

**Where:** Community Outreach, 3448 Villa Lane, Suite 102

**When:** 1st Friday of every month, 10:00-11:00 am

**Class Dates:** \*1/8 (\*Class begins 2nd Friday), 2/5, 3/5, 4/2, 5/7, 6/4, 7/2, 8/6, 9/3, 10/1, 11/5, 12/3

## Home and Car Seat Safety

FREE

As infants grow, they are driven to learn through play and exploration of their environment. This class is designed to help parents examine their homes and begin creating a safe environment for their children. In addition, we offer an in-depth look at child safety seats, installation, and proper use.

**Where:** Community Outreach, 3448 Villa Lane, Suite 102

**When:** 4th Tuesday of every month, 6:30-8:30 pm

**Class Dates:** 1/26, 2/23, 3/23, 4/27, 5/25, 6/22, 7/27, 8/24, 9/28, 10/26, 11/23, (\*No class in Dec.)

## Counseling Available

FREE

If you would appreciate a caring, non-judgmental sounding board for any thoughts or feelings that concern you, please call 251-2051. All calls and visits are free and confidential.

Visit our website at [www.thequeen.org](http://www.thequeen.org)

For more information, please call (707) 251-2026 or (707) 251-2000