



Maternity and Family Centered Education

2012 SCHEDULE OF CLASSES

REGISTRATION IS REQUIRED: Please, no walk-ins. **TO REGISTER**, call the Call Center at **1-877-783-3654**. If you have questions about classes, please call **251-2050** or email QVMCPerinatalEducation@stjoe.org. Please note: occasionally a class will need to be rescheduled, additional dates added, and some dates may vary due to holidays. 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. **Class fee includes support person(s)**. Classes are free for QVMC employees, members of Partnership HealthPlan, and Medi-Cal Insurance.

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. *Registration required.*

Where: Community Outreach, 3448 Villa Lane, Suite 102

When: Every Thursday of the month; 10:00 - 11:00 am

Maternity Center Tour **Free**

The tour of the Maternity Center includes your pre-admission paperwork. *Registration required. Childcare is not available.*

Where: QVMC; Maternity Center Lobby ***Please note location**

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

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

Breastfeeding **\$15 per couple**

A class for moms and dads. Breastfeeding is natural; but preparation is recommended. Advantages and benefits of breastfeeding will be discussed. Taught by a Lactation Consultant. *Registration required.*

Where: Community Outreach, 3448 Villa Lane, Suite 102

When: 1st Monday of every month; 6:30 - 8:45 pm

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

Boot Camp for Dads

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

Breast Milk: Pumping and Storing **Free**

With advanced planning, family and workplace support, moms can successfully pump and store milk. A breast pump will be demonstrated. *Registration required.*

Where: Community Outreach, 3448 Villa Lane, Suite 102

When: 1st Wednesday of every month; 1:00 – 2:00 pm

Class dates: 1/4, 2/1, 3/7, 4/4, 5/2, 6/6, (*No class in July); 8/1, 9/5, 10/3, 11/7, 12/5

Newborn Care Part One **\$15 per couple** ***Surviving the First Weeks with a New Baby***

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

Where: Community Outreach, 3448 Villa Lane, Suite 102

When: 2nd Monday of every month; 6:30 – 8:45 pm

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

Newborn Care Part Two **\$15 per couple** ***Understanding the Emotional Needs of a New Baby***

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

Where: Community Outreach, 3448 Villa Lane, Suite 102

When: 3rd Monday of every month; 6:30 – 8:45 pm

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

Partners to Parents **\$15 per couple**

A class for couples that explores the transition from partners to parents. Practical strategies include avoiding common pitfalls, and how to support each other as the relationship evolves in pregnancy and with the arrival of a new baby. Class can be taken at any point in pregnancy.

Registration required.

Where: Community Outreach, 3448 Villa Lane, Suite 102

When: 4th Monday of every month; 6:30 – 8:45 pm

Class dates: 1/23, 2/27, 3/26, 4/23, (*No class in May), 6/25, (*No class in July), 8/27, 9/24, 10/22, 11/26, (*No class in Dec.)

Queen of the Valley
Medical Center 
ST. JOSEPH
HEALTH SYSTEM

A Ministry founded by the Sisters of St. Joseph of Orange

Visit our website at http://www.thequeen.org/view/CommunityOutreach/perinatal_ed
For more information, please call (707) 251-2050, or Email: QVMCPerinatalEducation@stjoe.org.
To REGISTER for classes, call the Call Center at: 1-877-783-3654.

CHILDBIRTH PREPARATION CLASSES

Couples who take childbirth preparation classes report greater satisfaction in creating their birth experience. Knowledge gained through evidence-based research helps alleviate pain, and empowers couples to understand their options. Please bring a support person(s) and two pillows and blanket to class. Instructors are Lamaze or ICEA Certified Childbirth Educators. **It is recommended to take childbirth classes 4-6 weeks before your due date; early registration is encouraged.**

Childbirth Preparation - TUESDAYS **\$50** per couple

Tuesday Night Series

3 consecutive Tuesdays every month

Class session is held the first, second, and third Tuesdays of every month. Class includes an overview of labor and pain management techniques, cesarean deliveries, and what to expect on the big day. Options, including a flexible birth plan and medications will be discussed. *Registration required.*

Where: Community Outreach, 3448 Villa Lane, Suite 102

When: 1st, 2nd, 3rd Tuesday of every month; 6:30 - 8:30 pm

Class dates: Jan. 3, 10, 17; Feb. 7, 14, 21; March 6, 13, 20;
April 3, 10, 17; May 1, 8, 15; June 5, 12, 19;
July 3, 10, 17; August 7, 14, 21; September 4, 11, 18;
October 2, 9, 16; November 6, 13, 20;
December 4, 11, 18

Childbirth Preparation Saturday **\$50** per couple

Saturday Class has same material as Tuesday series

Class includes an overview of labor and pain management techniques, cesarean deliveries, and what to expect on the big day. Options, including a flexible birth plan and medications will be discussed. *Registration required.*

Where: Community Outreach, 3448 Villa Lane, Suite 102

When: 3rd Saturday of months listed below: 9:00 am - 3:30 pm

Class dates: 1/21, 3/17, 4/21, 5/19, 6/16, 8/18, 9/15, 11/3

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. **Call 251-2050.**

Epidurals **Free**

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

Where: QVMC, Main Conference Room 3. ***Please Note Location**

When: 3rd Thursday of months listed below; 5:30 - 6:30 pm

Class dates: 1/19, 3/15, 5/17, 7/19, 9/20, 11/15

PERINATAL EMOTIONAL WELLNESS

Free counseling available

If you would appreciate a caring, non-judgmental sounding-board for any thoughts or feelings that concern you, please call **251-2051** or email Cheryl.Anderson@stjoe.org

Fitness, Sibling, Infant Massage, Car Seat Safety

Prenatal Water Fitness **Free**

Meet with other moms in this program designed to help expecting moms improve their comfort, strength, and confidence. No registration is required for this class—but please obtain a ticket at the front desk. Class closes at 24 participants.

What to wear: Whatever makes you feel comfortable

Where: Wellness Center - shallow 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

Pregnant and Postpartum Fitness **Free**

A movement program for expecting and postpartum moms, and you can bring your baby! Babies 0-6 months welcome. No registration is required for this class – 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**

A class for children ages 2-8; designed for the new big brother or sister. *Registration required.*

Where: Community Outreach, 3448 Villa Lane, Suite 102

When: 2nd Friday of months listed below; 5:30 - 6:30 pm

Class dates: 1/13, 3/9, 5/11, 7/13, 9/14, 11/9

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 generations of parents all over the world. Bring baby, blanket and pillow. To reserve your spot, call Kathy at 252-4411 ext. 2602 or email: kathleen.mcbride@stjoe.org.

Registration required.

Where: Community Outreach, 3448 Villa Lane, Suite 102

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

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

Car Seat Saturday **Free**

This class offers an in-depth look at child safety seats, installation, and proper use. Creating a safe environment for babies will also be discussed. Your car seat may be installed after class on a first-come, first-serve basis.

Registration required.

Where: Community Outreach, 3448 Villa Lane, Suite 102

When: 4th Saturday of every month; 9:30 - 11:30 am

Class dates: 1/28, 2/25, 3/24, 4/28, 5/26, 6/23, 7/28, 8/25, 9/22, 10/27,
(*No class in November), 12/15

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