



**Community  
Outreach:**

## Maternity & Family Centered Education

**TO REGISTER** for classes, please visit our website at [www.thequeen.org](http://www.thequeen.org), or call 251-2026.

Please note: Occasionally a class will need to be rescheduled, and some dates may vary due to holidays. We encourage your support person or persons to attend all classes. Please register as soon as possible in your pregnancy.

Classes are free to QVMC employees and patients with Medi-Cal insurance.

### Home & 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, Napa

**When:** 4th Tuesday of every month, 6:30-8:30 p.m.

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

### Breast & Bottle-Feeding

\$15 or free with qualifying insurance

A prenatal class which includes helpful hints and general information useful to any mother-to-be desiring to breastfeed her newborn. Pumping, storing of breast milk, partner's role, bottle-feeding and the unique issues families face when returning to work will be covered. You are encouraged to bring Dad or a support person. (See Boot Camp for Dads description).

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

**When:** 1st Monday of every month, 6:30-8:30 p.m.

**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

### Boot Camp for Dads

FREE

This class is held at the same time as the Breast & Bottle-Feeding class. Fathers learn hands-on skills while addressing aspects unique to fatherhood.

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

**When:** 1st Monday of every month, 6:30-8:30 p.m.

**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

### Newborn Care Part One- Surviving the First Weeks with a New Baby

\$15 or free with qualifying insurance

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

**\*Newborn Care Part One, Two & Three may be taken out of order.**

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

**When:** 2nd Monday of every month, 6:30-8:30 p.m.

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

### Newborn Care Part Two- Understanding the Emotional Needs of a New Baby

\$15 or free with qualifying insurance

Understand newborn behavior and how to meet baby's emotional needs while taking care of yourself in your role as a parent.

**\*Newborn Care Part One, Two & Three may be taken out of order.**

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

**When:** 3rd Monday of every month, 6:30-8:30 p.m.

**Class dates:** 1/19, 3/16, 4/20, 5/18, 6/15, 7/20, 8/17, 9/21, 10/19, 11/16, No Class in Dec.

### Newborn Care Part Three- Postpartum Transitions

\$15 or free with qualifying insurance

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.

**\*Newborn Care Part One, Two & Three may be taken out of order.**

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

**When:** 3rd Tuesday of even months, 6:30-8:30 p.m.

**Class dates:** 2/17, 4/21, 6/16, 8/18, 10/20, 12/15

### Childbirth Preparation

**\$50 or free with  
qualifying insurance**

A two-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 or persons, a blanket and two pillows to class.

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

**When:** Starts the 1st Tuesday of every month, 6:30-8:30 p.m.

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

### Labor Intensive/Advance Pain Management

**\$15 or free with qualifying insurance**

A class designed for a woman who would like to explore more advanced techniques for pain management during labor or would like to try to avoid pain medication. This class can also be taken as a childbirth refresher. Bring a support person or persons, a blanket, and two pillows to class.

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

**When:** 3rd Tuesday of odd months, 6:30-8:30 p.m.

**Class Dates:** 1/20, 3/17, 5/19, 7/21, 9/15, 11/17

### Childbirth Preparation Weekender

**\$75 or free with qualifying insurance**

This 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 or persons, a blanket and two pillows to class.

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

**When:** 1st Saturday of even months, 9:00 a.m.-3:00 p.m.

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

### On-Line Childbirth Classes

**\$50**

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.

### Fitness for Two: Pre & Postnatal Exercise

**FREE**

Fitness program designed to help women improve their comfort, strength, confidence and body awareness during and after pregnancy. Exercises are developed specifically for a woman's changing body. Classes are taught by Physical Therapists. No Registration required, just show up!

**Where:** Queen of the Valley Medical Center, Wellness Center 3421 Villa Lane, Napa

**When:** Every Friday, 11:30 a.m.-12:30 p.m. in Studio 2

### Prenatal Water Aerobics

**FREE**

Join this program designed to help pregnant moms improve their comfort, strength, confidence, and body awareness during pregnancy.

**What to wear:** A bathing suit or whatever you feel comfortable in. Classes are led by a Physical Therapist. No Registration required, just show up!

**Where:** Queen of the Valley Medical Center, Wellness Center 3421 Villa Lane, Napa

**When:** Every Wednesday 5:30-6:30 p.m. in the warm water pool

### Sibling Preparation

**FREE**

The arrival of a new baby affects the family as a whole and each member of the family as an individual. This class is just for the siblings. For ages 2 & up.

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

**When:** Second Friday odd months, 5:30-6:30 p.m.

**Class Dates:** 1/09, 3/13, 5/08, 7/10, 9/11, 11/13

### Preadmission and Tour of the Maternity Center

**FREE**

Please join us for a tour of the Maternity Center and receive your pre-admission paperwork.

**Where:** Queen of the Valley Medical Center, Maternity Center Waiting Room. **\*Please Note Location**

**When:** 1st Saturday of every month, 9:30-10:30 a.m.

**Class Dates:** 1/10, 2/7, 3/7, 4/4, 5/2, 6/6, 7/11, 8/1, 9/12, 10/03, 11/7, 12/5 **\*No class July 4**

### 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 for many generations by parents all over the world. Bring baby, blanket and pillow. To reserve your spot call Kathy at 252-4411 ex. 2602. Return calls usually made the Thursday prior to the first class.

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

**When:** 1st Friday of every month, 10:00-11:00 a.m.

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

### Infant and Child CPR

**\$25/20**

This AMERICAN HEART ASSOCIATION course is dedicated to 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:** 1/10, 2/19, 3/21, 4/16, 5/16, 6/18, 7/18, 8/20, 9/19, 10/15, 11/14, 12/10

### Counseling Available

**FREE**

If you have any concerns or stresses and would like to talk with a Perinatal Counselor, please call 251-2051. All calls and visits are free and confidential.

**For more information, please call  
(707) 251-2026 or (707) 251-2000  
[www.thequeen.org](http://www.thequeen.org)**