

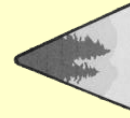
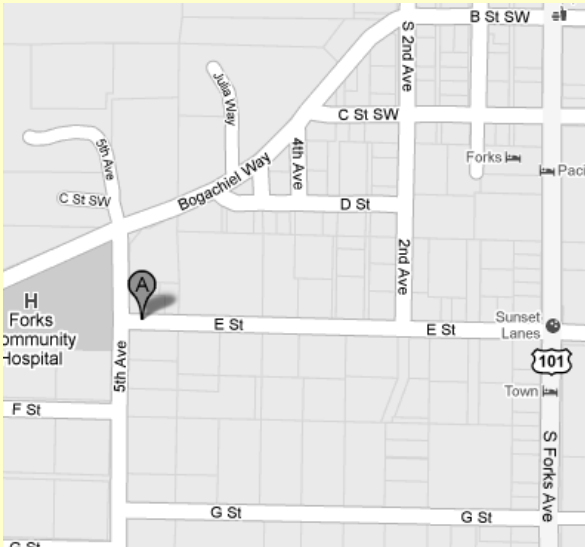
Classes run for 6 consecutive
Tuesday evenings
6:30-8:30

Classes are held at
The Caring Place
481 W "E" Street – Forks

To register call
374-6271, 117

Or log on to
www.forkshospital.org

The series is covered by most
insurance carriers and DSHS
Provider One



Forks Community Hospital
Community Health Resource Center
530 Bogachiel Way
Forks, WA 98331

Address Correction Required



Chart your Parenting Journey

With Forks Community Hospital's

Childbirth Education Classes

2011 Series Schedule

Winter 2011

Jan. 4th – Feb 8th

Spring 2011

April 5th – May 10th

Summer 2011

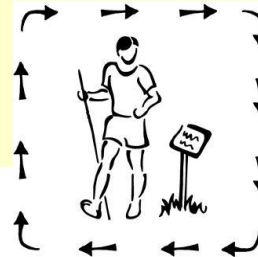
Aug. 2nd – Sept. 6th

Fall 2011

Nov. 1st – Dec 6th

Instructor, Deborah Dillon, RN will guide you through the following information and address your individual questions and concerns.

Class 1 → We're Pregnant! What's happening? **OVERVIEW & INFORMED DECISION MAKING.**



Class 2 → Preparing for a Marathon: It's a walk in the park. **UNDERSTANDING LABOR.**



Class 3 → Getting to the finish Line! **COPING WITH TRANSITION, 2ND & 3RD STAGES. MAKING A BIRTH PLAN.**

Class 6 → We are a family! Now what? **BREASTFEEDING, POSTPARTUM CARE FOR MOMS, DADS, SIBLINGS & THE NEWBORN.**



Class 5 → Choices, Choices: A trail guide. **PAIN MEDICINES & HOSPITAL TOUR, LABOR REVIEW & BIRTH PLAN**

Class 4 → But I thought I could read the map! **DEALING WITH VARIATIONS & COMPLICATIONS IN LABOR & BIRTH.**

