

2009 Childbirth Education Class Schedule
Instructor: Rebecca Hansen

1st Series (Thursday Evening, 6:30-8:30)

1/22/09	Class 1: Introduction to Pregnancy, Childbirth, & the Newborn
1/29/09	Class 2: Preparing for Labor: Preterm, False, Early, & Active
2/5/09	Class 3: Understanding and Coping with Transition, 2 nd & 3 rd Stages
2/12/09	Class 4: Pain Medicines, & Hospital Tour
2/19/09	Class 5: Labor Review, Breastfeeding, & Birth Plan
2/26/09	Class 6: Labor Rehearsal, Postpartum Care, Postpartum Depression, & Newborn (Appearance & Care)
3/5/09	Make up date for inclement weather

2nd Series (Thursday Evening, 6:30-8:30)

4/16/09	Class 1: Introduction to Pregnancy, Childbirth, & the Newborn
4/23/09	Class 2: Preparing for Labor: Preterm, False, Early, & Active
4/30/09	Class 3: Understanding and Coping with Transition, 2 nd & 3 rd Stages
5/7/09	Class 4: Pain Medicines, & Hospital Tour
5/14/09	Class 5: Labor Review, Breastfeeding, & Birth Plan
5/21/09	Class 6: Labor Rehearsal, Postpartum Care, Postpartum Depression, & Newborn (Appearance & Care)

3rd Series (Thursday Evening, 6:30-8:30)

7/23/09	Class 1: Introduction to Pregnancy, Childbirth, & the Newborn
7/30/09	Class 2: Preparing for Labor: Preterm, False, Early, & Active
8/6/09	Class 3: Understanding and Coping with Transition, 2 nd & 3 rd Stages
7/13/09	Class 4: Pain Medicines, & Hospital Tour
7/20/09	Class 5: Labor Review, Breastfeeding, & Birth Plan
8/27/09	Class 6: Labor Rehearsal, Postpartum Care, Postpartum Depression, & Newborn (Appearance & Care)

4th Series (Thursday Evening, 6:30-8:30)

10/1/09	Class 1: Introduction to Pregnancy, Childbirth, & the Newborn
10/8/09	Class 2: Preparing for Labor: Preterm, False, Early, & Active
10/15/09	Class 3: Understanding and Coping with Transition, 2 nd & 3 rd Stages
10/22/09	Class 4: Pain Medicines, & Hospital Tour
10/29/09	Class 5: Labor Review, Breastfeeding, & Birth Plan
11/5/09	Class 6: Labor Rehearsal, Postpartum Care, Postpartum Depression, & Newborn (Appearance & Care)

Childbirth Education Classes are held at “The Caring Place” located at 260 Ask Street in Forks, WA. The six class series is covered by Medicaid and most private insurances. Participants are welcome to repeat classes free of charge. Classes are usually made up of couples as well as independent individuals.

To register for classes, return the [CBE Registration Form](#) (*link to the form*) to the Community Health Resource Center

1. In person, bring the Registration Form with your insurance card to the Forks Community Hospital Admitting Desk.
2. FAX the form and insurance card to the Community Health Resource Center, Attention Patsy Brown at (360)374-5220
3. Return the form electronically to commhealth@forkshospital.org
4. mail the form with a copy of your insurance card to: Forks Community Hospital
Community Health Resource Center
530 Bogachiel Way
Forks, WA 98331

For questions contact Patsy Brown in the Community Health Resource Center
(360)374-6271, 117
commhealth@forkshospital.org