



Classes

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, second, and third stages. Making a plan.

Class 4: "But I thought I could read the map!" Dealing with variations and complications in labor and birth.

Class 5 "Choices, choices: A trail guide." Pain medicines, hospital tour, labor review, and birth plan.

Class 6: "We are a family! Now what?" Breastfeeding, postpartum care for moms, dads, siblings, and the newborn.

2020 Childbirth Education Classes

Classes held each Tuesday,
for six weeks from 6:30 pm - 8:30 pm

Courses offered 3 more times this year.

April 28, 2020 ending June 2, 2020
July 28, 2020 ending September 1, 2020
October 27, 2020 ending December 1, 2020

You can register by;

Visiting: www.forkshospital.org

Calling: 360-327-8436

Emailing: cassieh@forkshospital.org

Spanish Classes
Available Upon
Request



Courses are held at
The Caring Place
481 West E Street
Forks, WA

