

# Family Preparation CLASSES 2019

*All classes are free of charge.*

We recommend that you call during your 5th and 6th month of pregnancy to schedule classes that will occur during your 7th and 8th month.

*Thank you and congratulations!*



## Prepared Childbirth

**Thursdays 6:00 - 8:30 pm (3 Week Series)**

Jan 10, 17 & 24, Feb. 7, 14 & 21; Mar 7, 14 & 21;  
April 4, 11 & 18; May 2, 9 & 16;  
Jun 6, 13 & 20; Jul 11, 18 & 25; Aug. 1, 8 & 15;  
Sept. 5, 12 & 19; Oct 3, 10 & 17;  
Nov 7, 14 & 21; Dec 5, 12 & 19

**Saturdays 9:00 am - 4:30 pm**

Jan 12, Feb 2, Mar 9, Apr 6, May 4, Jun 1,  
Jul 13, Aug 10, Sep 21, Oct 5, Nov 2, Dec 14

## Life with Baby

**Monday Nights 6:00 - 8:30 pm**

Jan 15, Feb 19, Mar 19, Apr 16, May 21, Jun 18,  
Jul 16, Aug 20, Sep 17, Oct 15, Nov 19, Dec 17

## Breastfeeding

**Wednesday Nights 6:00 - 8:30 pm**

Jan 16, Feb 20, Mar 20, Apr 17,  
May 15, Jun 19, Jul 17, Aug 21,  
Sep 18, Oct 16, Nov 20, Dec 18

## Big Kids & Babies

**Saturday Mornings 10:00 - 11:00 am**

**Every other month (odd months)**

Jan 19, Mar 16, May 11, Jul 20, Sep 21, Nov 9

## Boot Camp for New Dads

**Saturday Afternoons 2:00 - 5:00 pm**

**Every other month (odd months)**

Jan 19, Mar 16, May 11, Jul 20, Sep 21, Nov 9

## Breastfeeding Support Group

**3<sup>rd</sup> Friday of each Month held at Memorial  
Hospital of Carbondale OB Education Room or  
join us on Facebook. 1:00 - 2:00 pm**

Jan 18, Feb 15, Mar 15, Apr 19, May 17, Jun 21, Jul 19,  
Aug 16, Sept 20, Oct 18, Nov 15, Dec 20

MEMORIAL HOSPITAL  
OF CARBONDALE

To register for any of our classes or for more information,  
please contact **866.744.2468**.

All classes are held at Memorial Hospital of Carbondale  
unless otherwise specified. 405 West Jackson Street,  
Carbondale IL 62901

Baby Friendly

Breastfeeding helps in your baby's transition to the outside world  
and reinforces the bond between baby and family.