

Henry Mayo Newhall Memorial Hospital

Labor of Love Childbirth Education

Class Schedule 2010

Labor of Love Childbirth Education Classes*

Tuesdays: 6:30 to 9:30 p.m.
 Human Resources – Conference Rooms 1 & 2
 Cost: Seven Week Series - \$225 per couple
 January 19 – March 2
 March 9 – April 20
 April 27 – June 8
 June 15 – July 27
 August 24 - October 5
 November 2 - December 14

Saturday Labor of Love*

Saturdays: 9 a.m. to 5 p.m.
 Location: TBA – Call for Information
 Cost: \$150 per couple
 This is an exclusive one-time class that covers Week 1 –
 Week 4 of the seven-week series

January 23	May 22	September 25
February 27	June 26	October 23
March 27	July 24	November 20
April 24	August 28	December 18

Parent Preview

Every Thursday at 7 p.m.
 Main Hospital, Front Lobby
 Meet at 6:45 p.m.
 Cost: Free

Saturday Parent Preview

Fourth Saturdays of each month at 1 p.m.
 Meet in Main Hospital Lobby at 12:45 p.m.
 Cost: Free

January 23	May 22	September 25
February 27	June 26	October 23
March 27	July 24	
April 24	August 28	

Tyke Hike

Third Thursday of the month at 3:30 p.m.
 Meet in Main Hospital Lobby
 Cost: Free

January 21	May 20	September 16
February 18	June 17	October 14
March 18	July 15	November 18
April 15	August 19	December 16

* Please wear comfortable clothes, bring pillows and bottled water.

Transitions to Parenthood

Tuesdays: 6:30 to 9:30 p.m.
 Human Resources – Conference Rooms 1 & 2
 Cost: Individual Class - \$35 per person

February 16	July 13
April 6	September 21
May 25	November 30

Child & Infant CPR

Tuesdays: 6:30 to 9:30 p.m.
 Human Resources – Conference Rooms 1 & 2
 Cost: Individual Class - \$35 per person

February 23	July 20
April 13	September 28
June 1	December 7

Prenatal Breastfeeding Workshop

Tuesdays: 6:30 to 9:30 p.m.
 Human Resources – Conference Rooms 1 & 2
 Cost: Individual Class - \$35 per person

March 2	July 27
April 20	October 5
June 8	December 14

Baby Care Basics

Fourth Wednesday of each month at 6:30 p.m.
 Human Resources – Conference Rooms 1 & 2
 Cost: \$20 per person

January 27	May 26	September 22
February 24	June 23	October 27
March 24	July 28	November 24
April 28	August 25	December 22

Post Partum Passages Support Group

Every Tuesday at 12:30 p.m.
 Human Resources – Conference Rooms 1 & 2
 Cost: \$10 per person

First Weeks Breastfeeding Support Group

Every Thursday from 9:30 to 11 a.m.
 Pavilion – ARU Dining Room
 Cost: \$10 per person

For more info, please call (661) 253-8607 or visit www.henrymayo.com.



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 caring. commitment. community.