

Class Dates:

Access Community Health Centers Childbirth and Breastfeeding Classes 2016

Class 1: First stage of childbirth: labor contractions and pain coping techniques.

Class 2: Second stage: birth, the early weeks, and pain coping practice.

Class 3: Breastfeeding and the postpartum time. (Note: The third Breastfeeding class can be taken separately.)

Joyce & Marshall Erdman Clinic
2202 South Park Street
Thursdays, 5:30-7:30 pm

Jan	7, 14, 21
Mar	3, 10, 17
May	5, 12, 19
Jul	7, 14, 21
Sep	1, 8, 15
Nov	3, 10, 17

William T. Evjue Clinic
3434 E. Washington Ave.
Mondays, 5:30-7:30 pm

Feb	1, 8, 15
Apr	4, 11, 18
Jun	6, 13, 20
Aug	1, 8, 15
Oct	3, 10, 17
Dec	5, 12, 19

For more information or to register: (608) 443-5564

From our class participants:

"I feel more empowered going into my birth. I have started considering alternatives in my birth plan."

"I learned many things which will really help me for my first birth and gave me confidence."