

## New Parents Support Group

Meet Wednesdays, 11 a.m. to 1 p.m.

287 Maple St., Ashland

Free drop-in group for babies under 1 year of age.

In a casual setting our trained staff will moderate, answer questions, help with breast-feeding, and weigh and measure your baby.

## Asante Ashland Community Hospital

We are excited to offer a variety of childbirth education classes at Asante Ashland Community Hospital, hoping to accommodate our patients' needs and unique schedules. All our classes are taught by members of our Childbirth Education Team, which includes labor and delivery nurses, doulas, childbirth educators and lactation consultants. Our team strongly recommends signing up for all educational offerings so you may enter your birth experience fully prepared.

Call **(541) 201-4000** (8 a.m. to 4:30 p.m.) to schedule your classes today. Prepayment is required for all classes.

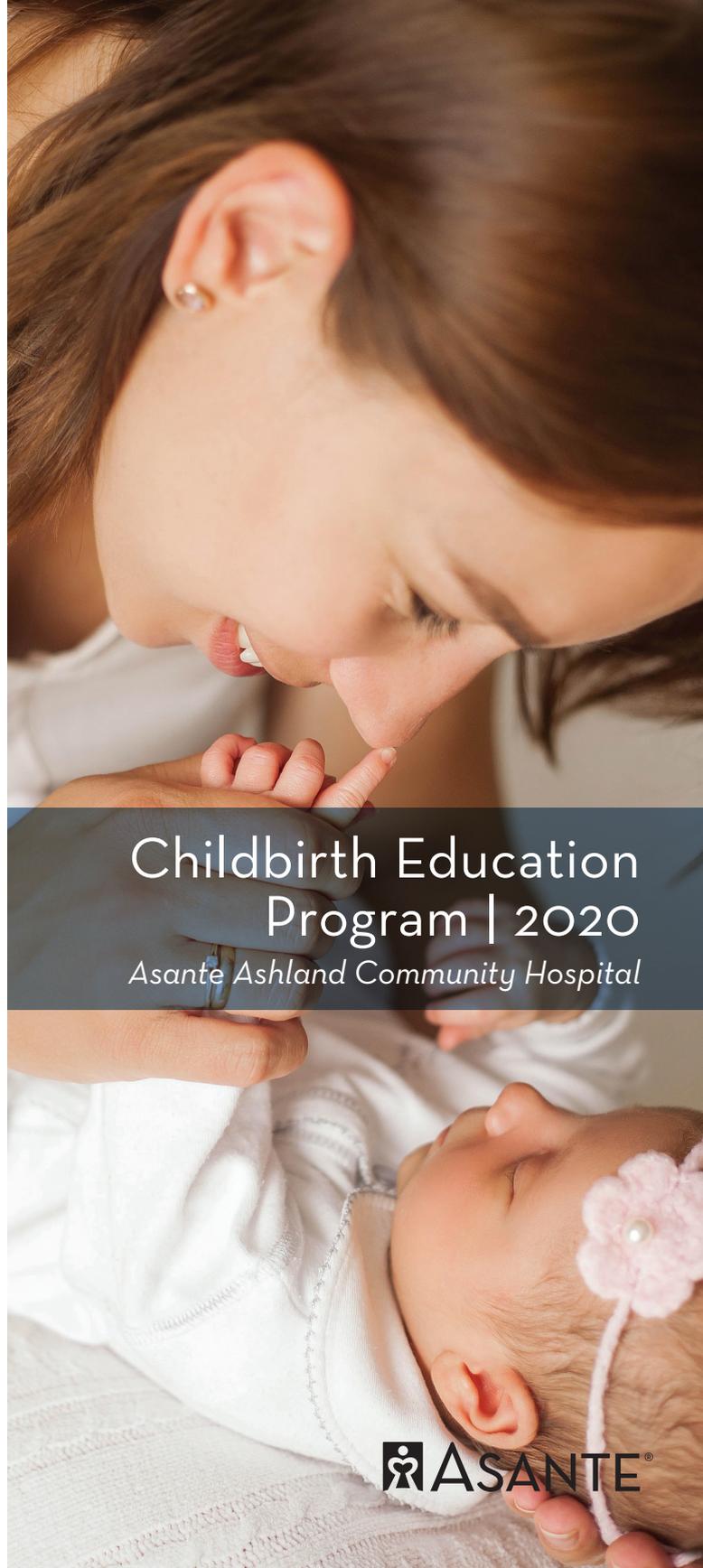
Checks payable to Asante Ashland Community Hospital can be mailed to:

Asante Ashland Community Hospital  
Family Birth Center  
280 Maple St.  
Ashland, OR 97520

Family Birth Center | 280 Maple St., Ashland, OR 97520  
**(541) 201-4000** | [asante.org](http://asante.org)

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Childbirth Education  
Program | 2020  
*Asante Ashland Community Hospital*



## Childbirth Education Program, 2020

All classes are held at Asante Ashland Community Hospital. Wear comfortable clothing; and for the basic classes and intensives, bring a pillow. These classes are packed with information for expectant parents, so please make other arrangements for your older children.

### Five-week basic childbirth education

6 to 8 p.m.

- Jan. 14, 22, 29 and Feb. 5, 12
- March 4, 11, 18, 25 and April 1
- May 6, 13, 20, 27 and June 3
- July 1, 8, 15, 22, 29
- Sept. 2, 9, 16, 23, 30
- Nov. 4, 11, 18, 25 and Dec. 2

Topics include healthy lifestyles, stages of labor, creating a birth plan, comfort measures and relaxation techniques, natural coping strategies, pregnancy and nutrition, newborn care and screenings in the hospital, post partum planning, and a tour of the Family Birth Center. We recommend signing up for this class in your seventh month. Course fee: \$70, includes textbook.

### Weekend intensive basic childbirth education

Saturdays, 9 a.m. to 5 p.m.

- Feb. 15                      ■ Aug. 15
- May 16                      ■ Nov. 21

Topics covered are the same as in the five-week basic childbirth education. We recommend signing up for this class in your seventh month. Course fee: \$60, includes textbook.

### Breastfeeding

5:30 to 7:30 p.m.

- Feb. 13                      ■ June 18                      ■ Oct. 2
- April 17                      ■ Aug. 11                      ■ Dec. 8

Our breastfeeding class is offered as a stand-alone class. This class concentrates on initiating breastfeeding. We recommend taking these classes along with the Basic Childbirth Education series. Free

## Water birth and doulas: What's unique about our hospital

Tuesdays, monthly, 6 to 8 p.m.

- Jan. 28                      ■ May 26                      ■ Sept. 22
- Feb. 25                      ■ June 23                      ■ Oct. 27
- March 24                      ■ July 28                      ■ Nov. 24
- April 28                      ■ Aug. 25                      ■ Dec. 22

These are some of the choices we offer when you give birth at the Family Birth Center. We will explain how these options can help you have a safe and empowering birth experience.

Class fee: \$10.

### Preparing for the unexpected

Tuesdays, 5:30 to 8:30 p.m.

- Feb. 18                      ■ Aug. 4
- April 14                      ■ Oct. 6
- June 9                      ■ Dec. 1

This class introduces some tools we use to closely monitor and care for you and your baby. We also discuss preparing for an unexpected cesarean birth and how the Family Birth Center provides a caring touch.

Class fee: \$10

### Sibling class

First Saturday of the month, 11 a.m. to noon.

No class July 4, will have class on July 11 instead.

Free

Advance registration is requested.

Conference Room

### Family Birth Center tour

First Saturday of the month, noon to 1 p.m.

No July 4, will have tour on July 11, instead.

Free tour

Advance registration is requested.

Maple Street Cafe, lower level of the hospital