

Part 1

Classes Open to All Expectant Families

Taking a Tour of the Childbirth Center

We encourage everyone who will be giving birth at the Childbirth Center to come and visit us for a tour. During a private tour, we will introduce you to our staff, show you around and answer your questions about care of families during and after giving birth. Day and evening times are available. Please call (413) 582-2125 in advance to make an appointment for a tour.

A tour is included in all of our prenatal parent education classes.

Prenatal Yoga - \$65 for 6 sessions or \$13 per class

Yoga can provide relief for common pregnancy discomforts and prepare a woman for the challenges of labor. The practice of visualization and breath awareness can also increase a woman's connection to her unborn child. Have fun spending time with other pregnant women, relaxing and sharing the ups and downs of pregnancy.

You must be at least 10 weeks pregnant

Pre-registration required. Call 582-2736 and press "2" for Yoga

Where: Mondays 5:30 – 6:45 pm, 170 University Drive in **Amherst**

Wednesdays 5:30 – 6:45 pm at **Cooley Dickinson Hospital**

Bring to class: Small pillow and either a blanket or mat.

Wear comfortable clothes.

Payment - cash or check made out to "CDH Parent Ed".

Financial assistance is available. Arrive early and speak to instructor.

Self-Hypnosis for Birth, Pregnancy and Beyond - \$110

Self-hypnosis is a relaxation tool. It can be used to create a more relaxed pregnancy, labor and birth experience - and for all of life's stressful moments. A *very* basic introduction to labor and birth is included in the class. The majority of class time is spent learning and practicing the skill of self-hypnosis for deep relaxation. The class is beneficial in many ways. It can help you gain confidence and trust in yourself; help you to let go of the fear and tension that may cause a long labor and pain, replacing it with confidence, calm and comfort. The instructor helps individuals in the class to adapt the skill to meet their needs. Partners usually attend and also benefit from learning the relaxation skills (*no extra cost for your partner*). There are 3 sessions per series.

This class may be attended at any time during your pregnancy.

For the greatest benefit to pregnancy, we recommend that you attend it during your 2nd trimester.

Class series dates

January 10, 17 & 31 – skip 1/24	Sunday	10:00am – 12:30pm
February 1, 8 & 22 – skip 2/15	Monday	6:00 – 8:30 pm
March 7, 14 & 28 – skip 3/21	Sunday	10:00am – 12:30pm
March 29, April 5 & 19 - skip 4/12	Monday	6:00 – 8:30 pm
May 2, 9 & 23 – skip 5/16	Sunday	10:00am – 12:30pm
June 7, 14 & 28 – skip 6/21	Monday	6:00 – 8:30 pm