

Atrium Health Cleveland

2019 Maternity and Family Education Class Schedule

OB Tour

Monday, January 28	6 – 8 p.m.
Tuesday, March 19	6-- 8 p.m.
Tuesday, May 14	6 – 8 p.m.
Monday, July 22	6 – 8 p.m.
Saturday, September 7	10 a.m. – 12 p.m.
Saturday, December 7	10 a.m. – 12 p.m.

Kangaroo Kapers:

Saturday, February 2	10 – 11 a.m.
Monday, April 22	6 – 7 p.m.
Saturday, June 1	10 – 11 a.m.
Monday, August 12	6 – 7 p.m.
Saturday, October 5	10 – 11 a.m.
Monday, December 9	6 – 7 p.m.

BootCamp for Expectant Dads:

Saturday, February 23	10 a.m. – 12 p.m.
Thursday, May 23	6 – 8 p.m.
Saturday, August 24	10 a.m. – 12 p.m.
Thursday, November 14	6 – 8 p.m.

(Cost \$15)

Expectant Grandparents:

Wednesday, January 16	6 – 8 p.m.
Wednesday, April 24	6 – 8 p.m.
Wednesday, July 17	6 – 8 p.m.
Wednesday, October 16	6 – 8 p.m.

Breastfeeding Basics:

Saturday, January 5	9 a.m. – 12 p.m.
Thursday, March 14	5:15 – 8:15 p.m.
Thursday, May 16	5:15 – 8:15 p.m.
Saturday, July 20	9 a.m. – 12 p.m.
Thursday, September 19	5:15 – 8:15 p.m.
Thursday, November 21	5:15 – 8:15 p.m.

(Cost: \$25) Participants are encouraged to bring support person(s)

Newborn Safety:

Thursday's

January 3	6 – 8:30 p.m.
March 7	6 – 8:30 p.m.
May 2	6 – 8:30 p.m.
July 11	6 – 8:30 p.m.
September 5	6 – 8:30 p.m.
November 7	6 – 8:30 p.m.

(Cost: \$10/person or \$15/couple)

**Prepared Childbirth:
Saturday's**

January 12 and 19	9 a.m. – 1 p.m.
March 9 and 16	9 a.m. – 1 p.m.
May 11 and 18	9 a.m. – 1 p.m.
July 13	8 a.m. – 5 p.m.
September 14 and 21	9 a.m. – 1 p.m.
November 9	8 a.m. – 5 p.m.

(cost: \$65/couple)

Prepared Childbirth:

Series 1 6:30 – 8:30 p.m.
Thursdays, **Jan 31, Feb 7, 14, 2**

Series 2 6:30 – 8:30 p.m.
Thursdays, **March 21, 28, April 4, 11**

Series 3 6:30 – 8:30 p.m.
Thursdays, **June 6, 13, 20, 27**

Series 4 6:30 – 8:30 p.m.
Thursdays, **Sept 26, Oct 3, 10, 17**

(Cost \$65/couple)

CLASS REGISTRATION INSTRUCTIONS:

- 1. Call the registration line at 980-487-3983 and leave a message about the classes you would like to attend. OR**
- 2. Send an email to ClevelandMaternityAndFamilyEducation@AtriumHealth.org**

Check to be sure that your classes are scheduled so that you will complete them within the 36th-37th week of pregnancy if possible.

Atrium Health employees may attend free with presentation of their own current ID badge

All others may choose to enroll for classes individually or may choose to “bundle” 3 classes for \$75.

Please Register

by calling 980-487-3983 or email

ClevelandMaternityAndFamilyEducation@AtriumHealth.org

Save by choosing any 3
classes for \$75.

Atrium Health employees attend
free with current ID badge.

It is recommended that you attend classes during weeks 32 to 37 of pregnancy.

Payments are preferred prior to class.

Payments by credit card may be made after 2 p.m. at 980-487-3887.

We accept VISA, MasterCard, Discover, and American Express.

Correct cash amount and personal checks are also accepted.

Payments are also accepted on first day of class.

In the event of inclement weather, please call 980-487-3983 for any cancellation information.

Please be aware that we do not have access to your treatment information. If there is a change with your pregnancy, please let us know by calling 980-487-3983.

Thank you for choosing Atrium Health Cleveland for your Maternity and Family Education. We appreciate the opportunity to serve you during this very special time in your life.

Sincerely,

Atrium Health Cleveland Women's and Children's Services Division

Betsy Bryant, RNC, MSN, IBCLC, LCCE, Class Coordinator

Sheila A. Davis, Division Secretary, Maternity and Family Education Class Registrar

All Maternity and Family Education programs/classes are in the:

Women's Life Center Conference Room (unless you are notified otherwise)

2nd floor, patient tower

201 East Grover Street

Shelby, NC 28150

The second floor/Women & Children's Unit has restricted access. Upon arrival, please check in at the Information Desk in the Main Lobby. Please note that prior to entering Women's and Children's Services, you will need to let maternity personnel know your name(s) and the name of the class you will be attending.

My Class Schedule

OB Tour (no charge)

Date: _____

Time: _____

Kangaroo Kapers sibling class (no charge)

Date: _____

Time: _____

BootCamp for Expectant Dads (\$15)

Date: _____

Time: _____

Expectant Grandparents (no charge)

Date: _____

Time: _____

Newborn Safety (Car Seat Safety, Infant CPR) - (\$10/person or \$15/couple)

Date: _____

Time: _____

Breastfeeding Basics (\$25- includes support person)

Date: _____

Time: _____

Prepared Childbirth Class (\$65-includes supports person)

Date: _____

Time: _____