

PREGNANCY AND BEYOND CLASSES



CONGRATULATIONS ON YOUR PREGNANCY!

Pregnancy brings many joys, but new challenges as well, particularly during our current COVID-19 climate. Providence Health & Services is here to support you by offering classes to fit your needs while keeping you safe.

Classes are taught by a Providence educator in a live, virtual format and many are also available as an online, self-paced class. Financial Assistance is available.

To register online, click the class titles below or call the Providence Resource Line: [\(503\) 216-7969](tel:5032167969)

CLASSES INCLUDE:

- Childbirth Preparation
- Breastfeeding Preparation
- Newborn Care
- Breastfeeding and Newborn Care Comprehensive Class
- Twins or More
- New Moms' Group
- New Parents Support Group
- Infant & Child Safety
- Baby Sleep
- Pregnancy & Postpartum Emotional Health Workshop
- And much more! Scroll below for a complete list of classes

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- **Childbirth Preparation:** Prepare for the birth of your baby as you learn about labor and delivery, comfort measures, medical procedures, pain management and postpartum.
- **Breastfeeding Preparation:** Experts teach mothers about maintaining milk supply, choosing nursing positions and solving common problems.
- **Newborn Care:** Get a head-to-toe look at how to care for your baby. Topics include bathing, diapering, safety and answers to common questions.
- **Breastfeeding and Newborn Care Comprehensive Class:** This workshop covers your baby from birth to three months. Topics include swaddling, soothing, bathing and more.
- **Twins or More:** This class is designed for parents of twins, triplets or more and covers the basics of feeding and newborn care.
- **Support Groups**
 - **New Moms' Group:** Join other new moms from the comfort of your own home in celebrating the fourth trimester as you share your joys and challenges.
 - **Baby Steps: New Parent & Caregiver Support Group:** This group is for new parents and caregivers of babies 0-6 months to connect and share their experiences. Topics include soothing your baby, sleep for babies and caregivers, managing stress, resources, and more.

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- **Infant & Child Safety:** Learn essential information to reduce the risk of your infant/child being hurt from a preventable accident.
- **Baby Sleep: Creating Healthy Habits for a well rested family (0-3 months):** This class covers reading your baby's cues, setting up a safe and successful sleep environment, appropriate wake windows, and more.
- **Baby Sleep: The Big Shift (3-12 months):** Learn how a baby's growth and development at this stage affects their sleep. Share strategies for maximizing quality sleep for the whole family.
- **Pregnancy & Postpartum Emotional Health Workshop:** Emotional health during pregnancy and postpartum, signs/symptoms of mood disorders, and strategies for self-care.
- **Maternity Orientation Virtual Class - Providence St. Vincent (WESTSIDE):** Get an overview of what to expect when you deliver at Providence St. Vincent Medical Center.
- **Maternity Orientation Virtual Class - Providence Portland (EASTSIDE):** What to expect when you deliver at Providence Portland Medical Center Maternity Unit.
- **Women's Tea & Talk:** Dr. Lori Tam, cardiologist and women's heart wellness medical director, hosts a monthly conversation around women's health and wellness held on the first Tuesday of each month.