

FAMILY LIFE CENTER FOR MATERNITY AT MERCY MEDICAL CENTER

2010 SCHEDULE

CHILDBIRTH CLASS			
Sunday	August 8 and August 15 (2 Day)	1:00 p.m. – 5:00 p.m.	Breck Room, Deliso Conference Center
Saturday	August 14 (All Day)	9:30 a.m. – 4:30 p.m.	Breck Room, Deliso Conference Center
Monday	August 30 – September 27 (No Class September 6)	6:30 p.m. – 8:45 p.m.	Breck Room, Deliso Conference Center
Saturday	September 11 (All Day)	9:30 a.m. – 4:30 p.m.	Breck Room, Deliso Conference Center
Sunday	September 12 and September 19 (2 Day)	1:00 p.m. – 5:00 p.m.	Breck Room, Deliso Conference Center
Saturday	September 18 (Teen Class)	10:00 a.m. – 2 p.m.	Breck Room, Deliso Conference Center
Sunday	October 17 and October 24 (2 Day)	1:00 p.m. – 5:00 p.m.	Breck Room, Deliso Conference Center
Monday	October 18 – November 8	6:30 p.m. – 8:45 p.m.	Breck Room, Deliso Conference Center
Saturday	October 23 (All Day)	9:30 a.m. – 4:30 p.m.	Breck Room, Deliso Conference Center
Sunday	November 7 and November 14 (2 Day)	1:00 p.m. – 5:00 p.m.	Breck Room, Deliso Conference Center
Saturday	November 13 (Teen Class)	10:00 a.m. – 2 p.m.	Breck Room, Deliso Conference Center
Saturday	November 20 (All Day)	9:30 a.m. – 4:30 p.m.	Breck Room, Deliso Conference Center
Monday	November 29 – December 20 (4 Week)	6:30 p.m. – 8:45 p.m.	Breck Room, Deliso Conference Center

For more information, to arrange for a tour, or to register for any classes please call Alice Hodge, Parenting Education Department at 413-748-7295.

*Please note: If you would like to register for a specific class or request information sent, please leave your name and address on the answering machine. Thank you.

SIBLING CLASS

		Fee: \$ 5.00 per family
August 28	11:00 a.m. – 12 noon	Family Life Center, Education Room
October 30	11:00 a.m. – 12 noon	Family Life Center, Education Room
December 4	11:00 a.m. – 12 noon	Family Life Center, Education Room

THE HAPPIEST BABY CLASS (Dr. Harvey Karp – ways to calm a crying baby)

		Fee: \$25.00
August 7	1 – 3 p.m.	Family Life Center, Education Room

BREASTFEEDING CLASSES

		Fee: \$10.00
August 11	6:30 – 9:00 P.M.	Family Life Center, Education Room
September 8	6:30 – 9 p.m.	Family Life Center, Education Room
October 13	6:30 – 9 p.m.	Family Life Center, Education Room
November 10	6:30 – 9 p.m.	Family Life Center, Education Room
December 8	6:30 – 9 p.m.	Family Life Center, Education Room

EXPECTANT MOTHERS' EXERCISE CLASS

Class Meets Every Tuesday 6:30 – 7:30 p.m. Memorial House Auditorium
 Initial eight week session \$60.00 then monthly rate of \$25.00 throughout your pregnancy

NEW MOTHERS' EXERCISE CLASS

Fee: \$120.00 per session; 3 sessions per year

Bring your new baby to this class

Class size is limited

Every Tuesday 4:30 – 5:30 p.m. Memorial House Auditorium
 or
 Every Tuesday 5:30 – 6:30 p.m. Memorial House Auditorium

New Mother and Baby

For New Mothers and Babies newborn up to 10 months

This Free Drop-in Group Meets Every Thursday from 11 a.m. – 12 p.m. – Family Life Center,
 Monthly Guest Speakers Education Room

THE BREASTFEEDING CENTER at The Family Life Center for Maternity 748-7295

Free Walk-in Clinic Lactation Consultations or Private Lactation Consultations
 Available by Appointment call 748-7262

Tuesdays Walk-in hours 11:00 a.m. – 1 p.m.
 Thursdays Walk-in hours 12:00 p.m. – 2 p.m.

Rental or purchase of Breastpumps; Nursing Bras and Breastfeeding Accessories
Free Breastfeeding Consultation Line: 413-748-7262**BOOT CAMP FOR DADS**

		Fee: \$10.00
August 17	6:30 p.m. – 8:30 p.m.	Family Life Center, Education Room
October 12	6:30 p.m. – 8:30 p.m.	Family Life Center, Education Room
December 14	6:30 p.m. – 8:30 p.m.	Family Life Center, Education Room

INFANT CPR - CPR Anytime Program

		Fee: \$45.00 per person or couple includes take home materials
August 28	9:30 – 10:30	Family Life Center, Education Room
October 30	9:30 – 10:30 a.m.	Family Life Center, Education Room
December 4	9:30 – 10:30 a.m.	Family Life Center, Education Room