

## PRENATAL CLASSES

### **Childbirth Prep – All Day Crash Course**

10am – 5 pm

Jan 8<sup>th</sup>, Mar 5<sup>th</sup>, May 5<sup>th</sup>, Jul 2<sup>nd</sup>, Sept 3<sup>rd</sup>,  
Nov 5<sup>th</sup>

### **Self-Paced Childbirth Prep Class**

6pm-8pm

Jan 8<sup>th</sup>, Mar 5<sup>th</sup>, May 5<sup>th</sup>, Jul 2<sup>nd</sup>, Sept 3<sup>rd</sup>,  
Nov 5<sup>th</sup>

### **Infant CPR 10am-noon**

Feb 5<sup>th</sup>, Apr 2<sup>nd</sup>, June 4<sup>th</sup>, Oct 1<sup>st</sup>, Dec 3<sup>rd</sup>,

### **Breastfeeding Basics 1pm-3pm**

Feb 5<sup>th</sup>, Apr 2<sup>nd</sup>, June 4<sup>th</sup>, Oct 1<sup>st</sup>, Dec 3<sup>rd</sup>,

### **Newborn Care Class 4pm-6pm**

Feb 5<sup>th</sup>, Apr 2<sup>nd</sup>, June 4<sup>th</sup>, Oct 1<sup>st</sup>, Dec 3<sup>rd</sup>,

### **Pregnancy Expectations 6:30-8 pm**

Feb 5<sup>th</sup>, Apr 2<sup>nd</sup>, June 4<sup>th</sup>, Oct 1<sup>st</sup>, Dec 3<sup>rd</sup>,

## ALL IN THE FAMILY CLASSES

### **Sibling Class 1pm – 3 pm**

Jan 22<sup>nd</sup>, Apr 16<sup>th</sup>, Oct 15<sup>th</sup>,

### **Grandparenting Class w/Infant CPR**

4pm-6pm

Jan 22<sup>nd</sup>, Apr 16<sup>th</sup>, Oct 15<sup>th</sup>,

### **Dads Class w/Infant CPR 6:30pm-8:30pm**

Jan 22<sup>nd</sup>, Apr 16<sup>th</sup>, Oct 15<sup>th</sup>,

## MOMMY & ME MASSAGE CLASSES

### **FREE Special Needs Infant Massage Orientation**

Jan 22<sup>nd</sup> 10am -noon

Apr 16<sup>th</sup> 10am-noon

Sept 15<sup>th</sup> 10am – noon

Oct 15<sup>th</sup> 10am-noon

### **FREE Parent Massage Orientation -Benefits of Touch/ Safety & Precautions 1pm-2:30**

Jan 10<sup>th</sup>, Apr 11<sup>th</sup>, Jul 18<sup>th</sup>, Nov 7<sup>th</sup>,

### **Infant Massage 3 Part SERIES (pre-crawlers)**

Saturdays Feb 12<sup>th</sup> – Feb 26<sup>th</sup> 10am -11 am

Saturdays May 14<sup>th</sup> – May 28<sup>th</sup> 10-11 am

Saturdays Sept 10<sup>th</sup> – Sept 24<sup>th</sup> 10-11 am

### **Storytime Massage**

3 Part SERIES– Teddy Bear Touch  
(preschool)

Saturdays Feb 12<sup>th</sup> -Feb 26<sup>th</sup> 1-2:30 pm

Saturdays May 14<sup>th</sup> – May 28<sup>th</sup> 1-2:30pm

Saturdays Sept 10<sup>th</sup> – Sept 24<sup>th</sup> 1-2:30pm

## FREE STUFF ☺

### **FREE - Baby Calming Strategies 8-9:30am**

Jan 8<sup>th</sup>, May 7<sup>th</sup>, Sept 3<sup>rd</sup>

### **FREE – Birth Balls/Breathing/Natural**

Comfort Measures (*practice techniques learned in childbirth class*)

8-9:30am

Feb 5<sup>th</sup>, June 4<sup>th</sup>, Oct 1<sup>st</sup>

### **FREE – Birth Plans/Preferences/Role of Support 8-9:30am**

Mar 5<sup>th</sup>, Jul 2<sup>nd</sup>, Nov 5<sup>th</sup>

### **FREE – Postpartum Expectations- Home**

Prep (preparing home for you & baby) 8-9:30am

Apr 2<sup>nd</sup>, Aug 6<sup>th</sup>, Dec 3<sup>rd</sup>

### **Postpartum Parent Support Group – FREE** (*alternates every other month in person & ZOOM*) **6pm-7:30pm**

#### **ZOOM dates**

Jan 8<sup>th</sup>, Mar 8<sup>th</sup>, May 10<sup>th</sup>, Jul 12<sup>th</sup>, Sept 13<sup>th</sup>,  
Nov 8<sup>th</sup>,

#### **In-Person dates**

Feb 8<sup>th</sup>, Apr 12<sup>th</sup>, June 14<sup>th</sup>, Aug 9<sup>th</sup>, Oct 11<sup>th</sup>,  
Dec 13<sup>th</sup>

**Visit [happybabysecrets.com](http://happybabysecrets.com) or call 903-981-3206 for pricing & pre-registration. Visit [centerfortouch.com](http://centerfortouch.com) for info about “Touch”.**