

Nationally Ranked. Locally Trusted.

Denver Health Prenatal Tour and Class Schedule

Preparing to have your baby

**February 2017 through
January 2018**

At Denver Health, we are honored and privileged to be part of this special journey in your life. Don't miss these opportunities to learn about labor, delivery and caring for your baby!

Unless noted otherwise, tours and classes are in English and will be held at:
Denver Health, Pavilion C
790 Delaware Street | Denver, CO 80204

303-602-5526 | info4moms2be@dhha.org | DenverHealth.org

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Tour Information

Hospital Tour – No appointment needed for regularly scheduled tours!

Tour Denver Health's beautiful, private labor and delivery suites with whirlpool tubs! You don't need an appointment to attend one of the regularly scheduled tours below. Just meet your guide near the main security desk in Pavilion C, 790 Delaware Street, five minutes before the tour.

NOON: Every Monday, Tuesday, Wednesday, Thursday and Saturday

Tours the First and Second Wednesday of the Month at 5:30 p.m.

February 1, 8
March 1, 8
April 5, 12
May 3, 10
June 7, 14
July 5, 12
August 2, 9
September 6, 13
October 4, 11
November 1, 8
December 6, 13
January 3, 10

Tours in Spanish on the following Saturdays at 1 p.m.

February 25
March 25
April 22
May 20
June 24
July 29
August 26
September 23
October 28
November 18
December 16
January 27

NO TOURS on Fridays, Sundays and the following holidays and holiday weekends:

May 27, 29
July 1, 4
September 2, 4
November 23, 25
December 23, 25
January 1, 15

If you are unable to attend a scheduled tour in Spanish and would like to schedule another time, please email us at info4moms2be@dhha.org or call 303-602-5526 and leave a message.

Class Descriptions

We recommend that you participate in classes during your third trimester. Your support person, dad or partner is welcome to attend class. No children please.

Classes are free and available to patients receiving prenatal care at Denver Health. You must pre-register for classes. To register and for updated information, please visit DenverHealth.org/pregnancy.

Childbirth Class (one session)

Preparing to have a baby can feel exciting and overwhelming all at once. This condensed three-hour class will help you plan for your big day. You will learn to recognize when you are in labor, what to expect during labor and at the hospital, and how to manage labor. Your labor support person is welcome to attend class with you.

Prenatal Breastfeeding Class

(one session)

Instructed by one of Denver Health's International Board Certified Lactation Consultants, this one-hour class will help you prepare for breastfeeding prior to delivery so you can achieve the best breastfeeding experience for you and your baby.

Be sure to check DenverHealth.org/Pregnancy regularly for updated information about tours, classes, and events and remember to pre-register for all classes.

Newborn Care Class *(one session)*

Ideal for first-time expectant parents, this class will help you and your partner become more comfortable and confident parents with helpful hints, activities, and information you can use. You'll learn about newborn appearance, what to expect in the first few hours, nutrition, newborn behavior, daily care, when to call for help and baby safety. Partners and fathers are encouraged to attend this class with mom.

Family and Friends CPR® *(one session)*

The American Heart Association's Family & Friends® CPR Course teaches the lifesaving skills of adult Hands-Only® CPR, child CPR with breaths, adult and child AED use, infant CPR and relief of choking in an adult, child or infant. This class is facilitated by a registered nurse or certified CPR instructor.

Boot Camp for New Dads® *(one session)*

Learn about becoming a great dad in this workshop where you'll meet real fathers and their babies. Get advice on supporting mom and tips on how to hold, change, and comfort a newborn. Boot Camp is top-rated by Denver Health first-time fathers. **FOR EXPECTANT DADS ONLY.**

Boot Camp for New Moms®

(one session)

Boot Camp is a unique workshop where first-time moms get advice and insights from real new moms. You'll hear how women manage the challenges many new moms face. The workshop offers a no-guilt, no judgment place to discuss how to raise your baby. **FOR EXPECTANT MOMS ONLY.**

Becoming a Mom/Comenzando Bien at Montbello Family Health Center *(ten sessions)*

In collaboration with March of Dimes, Becoming a Mom/Comenzando Bien group prenatal care is offered at:

Montbello Family Health Center
12600 E. Albrook Drive
Denver, CO 80239

For information and to register, please call **303-602-3962.**

For more information on tours, classes, and events and to register, please visit **DenverHealth.org/Pregnancy.** If you have questions or need assistance please email us at **info4moms2be@dhha.org** or call **303-602-5526** and leave a message.

Walk-In Classes for Denver Residents

Registration is not required for these offerings.

Women, Infants and Children (WIC) Prenatal Breastfeeding Classes in English and Spanish

WIC classes are free and open to all Denver City and County residents. They are offered at the following locations:

- Westside Family Health Center
- Eastside Family Health Center
- Montbello Family Health Center
- Lowry Family Health Center
- Federico F. Peña Southwest Family Health Center

Go to **DenverHealth.org/Lactation** or call **303 602-6550** for days and times.

La Leche League of Denver Community Breastfeeding Support Groups in English and Spanish

Classes are held at Denver Health sites as well as other locations in Denver.

www.llofdenvercommunity.org
720-841-4302

Denver Health Prenatal Class Schedule

FEBRUARY 2017

<u>Date</u>	<u>Time</u>	<u>Class</u>
1	6:30 – 7:30 pm	Breastfeeding Class
4	9 am – Noon	Newborn Care Class
11	9 am – Noon	Childbirth Class
18	9 – 11 am	CPR Class
21	5:30 – 8:30 pm	Childbirth Class (<i>no tour</i>)
25	10 am – 1 pm	Spanish Childbirth Class

MARCH 2017

<u>Date</u>	<u>Time</u>	<u>Class</u>
1	6:30 – 7:30 pm	Breastfeeding Class
4	9 am – Noon	Newborn Care Class
11	9 am – Noon	Childbirth Class
18	9 – 11 am	CPR Class
21	5:30 – 8:30 pm	Spanish Newborn Care
25	9 am – Noon	Boot Camp for Dads
25	9 am – Noon	Boot Camp for Moms

APRIL 2017

<u>Date</u>	<u>Time</u>	<u>Class</u>
1	9 am – Noon	Newborn Care Class
5	6:30 – 7:30 PM	Breastfeeding Class
8	9 am – Noon	Childbirth Class
15	9 – 11 am	CPR Class
18	5:30 – 8:30 pm	Childbirth Class (<i>no tour</i>)
22	10 – 1 pm	Spanish Childbirth Class
29	9 am – Noon	Boot Camp for New Moms
29	9 am – Noon	Boot Camp for New Dads

MAY 2017

<u>Date</u>	<u>Time</u>	<u>Class</u>
3	6:30 – 7:30 pm	Breastfeeding Class
6	9 am – Noon	Newborn Care Class
13	9 am – Noon	Childbirth Class
20	9 – 11 am	CPR Class

JUNE 2017

<u>Date</u>	<u>Time</u>	<u>Class</u>
3	9 am – Noon	Newborn Care Class
7	6:30 – 7:30 pm	Breastfeeding Class
10	9 am – Noon	Childbirth Class
17	9 – 11 am	CPR Class
20	5:30 – 8:30 pm	Childbirth Class-No Tour
24	10 am – 1 pm	Spanish Childbirth Class
24	9 am – Noon	Boot Camp for New Moms
24	9 am – Noon	Boot Camp for New Dads

JULY 2017

<u>Date</u>	<u>Time</u>	<u>Class</u>
8	9 am – Noon	Childbirth Class
11	5:30 – 8:30 pm	Newborn Care Class
12	6:30 – 7:30 pm	Breastfeeding Class
15	9 – 11 am	CPR Class
22	9 am – Noon	Boot Camp for Dads
22	9 am – Noon	Boot Camp for Moms
29	10 am – 1 pm	Spanish Newborn Care

AUGUST 2017

<u>Date</u>	<u>Time</u>	<u>Class</u>
2	6:30 – 7:30pm	Breastfeeding Class
5	9 am – Noon	Newborn Care Class
12	9 am – Noon	Childbirth Class
19	9 – 11 am	CPR Class
22	5:30 – 8:30 pm	Childbirth Class (<i>no tour</i>)
26	10 – 1 pm	Spanish Childbirth Class

SEPTEMBER 2017

<u>Date</u>	<u>Time</u>	<u>Class</u>
6	6:30 – 7:30 pm	Breastfeeding Class
9	9 am – Noon	Newborn Class
16	9 am – Noon	Childbirth Class
23	9 – 11 am	CPR Class
30	9 am – Noon	Boot Camp for Dads
30	9 am – Noon	Boot Camp for Moms

OCTOBER 2017

<u>Date</u>	<u>Time</u>	<u>Class</u>
4	6:30 – 7:30 pm	Breastfeeding Class
7	9 am – Noon	Newborn Class
14	9 am – Noon	Childbirth Class
21	9 – 11 am	CPR Class
24	5:30 – 8:30 pm	Childbirth Class (<i>no tour</i>)
28	10 am – 1 pm	Spanish Childbirth Class

NOVEMBER 2017

<u>Date</u>	<u>Time</u>	<u>Class</u>
1	6:30 – 7:30 pm	Breastfeeding Class
4	9 am – Noon	Newborn Class
11	9 am – Noon	Childbirth Class
18	9 – 11 am	CPR Class
18	9 am – Noon	Boot Camp for Dads
18	9 am – Noon	Boot Camp for Moms
28	5:30 – 8:30 pm	Spanish Newborn Care

DECEMBER 2017

<u>Date</u>	<u>Time</u>	<u>Class</u>
2	9 am – Noon	Newborn Class
6	6:30 – 7:30 pm	Breastfeeding Class
9	9 am – Noon	Childbirth Class
16	9 – 11 am	CPR Class
16	10 am – 1 pm	Spanish Childbirth Class

JANUARY 2018

<u>Date</u>	<u>Time</u>	<u>Class</u>
4	6:30 – 7:30 pm	Breastfeeding Class
6	9 am – Noon	Newborn Class
13	9 am – Noon	Childbirth Class
20	9 – 11 am	CPR Class
23	5:30 – 8:30 pm	Childbirth Class (<i>no tour</i>)
27	9 am – Noon	Boot Camp for Dads
27	9 am – Noon	Boot Camp for Moms

