

2020

Shared

July - December

Learn. Prepare. Support.

Beginnings
at Reid

offers several classes and support groups for mothers and families.



Infant CPR Class

Open to all members of expectant families. Limit 4 members per registration.

Thurs.; July 16, Sep. 17, Nov. 19
6 – 7 p.m.,
Reid Health Innovation Center
Classroom B

Free educational class & limited.
Call (765) 983-3000,
ext. 4510 to register.



Baby Care Basics

Class covers newborn care, appearance & behavior, carseat & sleep safety, and when to call baby's health care provider.

Thurs.; July 9, Sep. 10, Nov. 12
5 – 7 p.m.
Reid Health Innovation Center
Classroom C

Call (765) 935-8805 for more information. Space is limited. Register online.



Grandparents To-Be



Cancelled for the remainder of 2020.
Scan this code for more information.



Sibling Celebration



Cancelled for the remainder of 2020.
Scan this code for more information.



Register for Classes or Groups here, or visit:
<https://www.reidhealth.org/services/family-birthing-center/childbirth-classes>
Virtual options may become available, check the web page for updates.



Childbirth Preparation Class

Focus on the birthing process, coping measures, & how a loved one can help the laboring woman. Totals six hours of education either as a full Saturday or over the course of three evenings.

Sat., Aug. 1; 9 a.m. – 3:30 p.m. Lingle Auditorium
Mon. (3), Sep. 28, Oct. 5, 12; 6 p.m. – 8 p.m. Lingle Auditorium
Sat., Dec. 5; 9 a.m. – 3: 30 p.m. Lingle Auditorium

Free educational class. Call (765) 935-8805 for more information. Space is limited. Register online.



Breastfeeding Class

Covers breastfeeding basics, as well as how to deal with possible challenges. We can help you achieve your individual goals.

Thurs.; July 2, Sep. 3, Nov. 5
6 – 8 p.m., Lingle Auditorium

This is a free educational class. Call (765) 935-8805 for more information. Space is limited. Register online.



Milk Matters

FREE support programs


1st Thursday of every month, 10:30 – 11:30 a.m.
Dwyer Community Center, 1417 N. A St., Richmond

Support Group for nursing parents. A time to share & connect with others, facilitated by a lactation specialist. Older children are welcome!

3rd Tuesday of every month, 10:30 – 11:30 a.m.
Reid Health Family Birthing Center

Weigh Day – Scale available
Check baby's weight, ask a lactation professional, and learn about area resources.

Space is limited. Register online or call (765) 935-8805 for more information. One-on-one lactation support is available.



Postpartum Support Group

Free support group offering guidance to new moms & families about Perinatal Mood & Anxiety Disorders.

1st and 3rd Tuesday of every month, 4:30 p.m.
Reid Health Innovation Classroom B

Call (765) 983-3000, ext. 6350 for more information. For crisis or emergency situations, call your health care provider or go to the nearest emergency room.