


# Upstate Best Beginnings: Childbirth & New Family Classes 2024

Hybrid: In-person OR Virtual

UPSTATE FAMILY SUPPORT CAFE's:						
Thursdays: 10:00a-11:00a: Baby & ME - 4th Trimester Support Cafés - FREE						
Register to attend: <a href="https://upstate.zoom.us/j/7rduiqtD0pHdOfPdBy6uPMRDF2YnEPOe2o">https://upstate.zoom.us/j/7rduiqtD0pHdOfPdBy6uPMRDF2YnEPOe2o</a>						
Thursdays: 11:00a-12:00p: Breastfeeding Support Café - FREE						
Register to attend: <a href="https://upstate.zoom.us/j/7rduiqtD0pHdOfPdBy6uPMRDF2YnEPOe2o">https://upstate.zoom.us/j/7rduiqtD0pHdOfPdBy6uPMRDF2YnEPOe2o</a>						
UPSTATE CHILDBIRTH AND FAMILY SUPPORT CLASSES						
CHILDBIRTH DAYTIME CLASS WITH HOSPITAL TOUR - FREE						
<b>WEDNESDAY AM SERIES:</b>	<b>JAN-FEB</b>	<b>MARCH</b>	<b>MAY</b>	<b>JULY</b>	<b>SEPT</b>	<b>NOV</b>
#1 Childbirth Class 10a-12p	3-Jan	6-Mar	1-May	10-Jul	4-Sep	6-Nov
#2 Childbirth Class 10a-12p	10-Jan	13-Mar	8-May	17-Jul	11-Sep	13-Nov
#3 Childbirth Class 10a-12p	17-Jan	20-Mar	15-May	24-Jul	18-Sep	20-Nov
CHILDBIRTH EVENING CLASS WITH VIRTUAL HOSPITAL TOUR- FREE						
<b>WEDNESDAY PM SERIES:</b>	<b>JANUARY</b>	<b>MARCH</b>	<b>MAY</b>	<b>JULY</b>	<b>SEPT</b>	<b>NOV</b>
#1 6:30-8:30p	3-Jan	6-Mar	1-May	10-Jul	4-Sep	6-Nov
#2 6:30-8:30p	10-Jan	13-Mar	8-May	17-Jul	11-Sep	13-Nov
#3 6:30-8:30p	17-Jan	20-Mar	15-May	24-Jul	18-Sep	20-Nov
CHILDBIRTH WEEKEND CLASS WITH VIRTUAL HOSPITAL TOUR - FREE						
<b>WEEKEND CLASS:</b>	<b>FEB</b>	<b>APRIL</b>	<b>JUNE</b>	<b>AUGUST</b>	<b>OCTOBER</b>	<b>DECEMBER</b>
Saturday 8:30a-3:30p	3-Feb	6-Apr	1-Jun	3-Aug	5-Oct	7-Dec
NEWBORN CARE CLASS- FREE						
<b>WEDNESDAY EVE CLASS:</b>	<b>JANUARY</b>	<b>MARCH</b>	<b>MAY</b>	<b>JULY</b>	<b>SEPTEMBER</b>	<b>DECEMBER</b>
6:30-8:30p	24-Jan	27-Mar	22-May	31-Jul	25-Sep	4-Dec
<b>SUNDAY AFTERNOON CLASS</b>	<b>FEBRUARY</b>	<b>APRIL</b>	<b>JUNE</b>	<b>AUGUST</b>	<b>OCTOBER</b>	<b>DECEMBER</b>
1:00-3:00p	4-Feb	7-Apr	2-Jun	4-Aug	6-Oct	8-Dec
<b>WEDNESDAY AM CLASS</b>	<b>JANUARY</b>	<b>MARCH</b>	<b>MAY</b>	<b>JULY</b>	<b>SEPTEMBER</b>	<b>DECEMBER</b>
10am-12p	24-Jan	27-Mar	22-May	31-Jul	25-Sep	4-Dec
4TH TRIMESTER & POSTPARTUM WELLNESS - FREE						
<b>WEDNESDAY EVE CLASS:</b>	<b>JANUARY</b>	<b>APRIL</b>	<b>MAY</b>	<b>AUGUST</b>	<b>OCTOBER</b>	<b>DECEMBER</b>
6:30-8:30p	31-Jan	3-Apr	29-May	7-Aug	2-Oct	11-Dec
PRENATAL BREASTFEEDING CLASS- FREE						
<b>TUESDAY CLASS:</b>	<b>JANUARY</b>	<b>FEBRUARY</b>	<b>MARCH</b>	<b>APRIL</b>	<b>MAY</b>	<b>JUNE</b>
6:30p-9:00p	2-Jan	6-Feb	5-Mar	2-Apr	7-May	4-Jun
	<b>JULY</b>	<b>AUGUST</b>	<b>SEPTEMBER</b>	<b>OCTOBER</b>	<b>NOVEMBER</b>	<b>DECEMBER</b>
	9-Jul	6-Aug	3-Sep	1-Oct	5-Nov	3-Dec
<b>WEDNESDAY AM CLASS</b>	<b>JANUARY</b>	<b>APRIL</b>	<b>MAY</b>	<b>AUGUST</b>	<b>OCTOBER</b>	<b>DECEMBER</b>
10am-12p	24-Jan	3-Apr	29-May	7-Aug	2-Oct	11-Dec
POSTPARTUM BREASTFEEDING CLASS - FREE						
<b>TUESDAY CLASS:</b>	<b>JANUARY</b>	<b>FEBRUARY</b>	<b>MARCH</b>	<b>APRIL</b>	<b>MAY</b>	<b>JUNE</b>
12:00p-2:00p	9-Jan	13-Feb	12-Mar	9-Apr	14-May	11-Jun
	<b>JULY</b>	<b>AUGUST</b>	<b>SEPTEMBER</b>	<b>OCTOBER</b>	<b>NOVEMBER</b>	<b>DECEMBER</b>
	9-Jul	13-Aug	10-Sep	8-Oct	12-Nov	10-Dec
VIRTUAL HOSPITAL TOUR - FREE						
<b>WEDNESDAY CLASS:</b>	<b>JANUARY</b>	<b>MARCH</b>	<b>MAY</b>	<b>JULY</b>	<b>SEPTEMBER</b>	<b>DECEMBER</b>
#1. 5:30p-6:30p	24-Jan	27-Mar	22-May	31-Jul	25-Sep	4-Dec
<b>SUNDAY CLASS</b>	<b>FEBRUARY</b>	<b>APRIL</b>	<b>JUNE</b>	<b>AUGUST</b>	<b>OCTOBER</b>	<b>DECEMBER</b>
#1. 3:00-4:00p	4-Feb	7-Apr	2-Jun	4-Aug	6-Oct	8-Dec
MY NEW SIBLING CLASS - FREE (2-14 year old Children with Parent/Guardian)						
<b>SATURDAY CLASS:</b>	<b>MARCH</b>	<b>JUNE</b>	<b>SEPTEMBER</b>	<b>DECEMBER</b>		
10:00a-12:00p	9-Mar	8-Jun	14-Sep	7-Dec		
ON-DEMAND, SELF-PACED E-CLASSES						
Offered Year-Round, taken anytime at your own convenience. \$50 Fee						
	Understanding Childbirth Online Class- \$50 Fee					
	Understanding Fatherhood- \$50					
	Understanding Your Multiples- \$50					
	Understanding Grandparenting- \$50					
	Sibling Preparation - \$50					
Please visit <a href="http://www.upstate.edu/bestbegin">www.upstate.edu/bestbegin</a> or call 315-464-2756 to register for a class						