

**Upstate Best Beginnings: Childbirth & New Family Classes 2019**



**DROP-IN PRENATAL/NEW FAMILY EDUCATION & SUPPORT HOURS (Community Campus- POBS 2A)-FREE**  
**Come by \*\*Thursdays from 1p-3p to speak to a Certified RN Educator**

\*\*Drop-in session will NOT meet on the following Thursdays in 2019: 1/3, 2/21, 4/18, 7/4, 11/28, 12/26

**OFF-SITE CLASSES (University Health Care Center- 90 Presidential Plaza-5th flr conf)- FREE**

**WEDNESDAY AM SERIES:**

	JAN-FEB	MARCH- APRIL	MAY	JULY	AUG-SEPT	OCT-NOV
#1 Childbirth Class 10a-12p	9-Jan	6-Mar	1-May	10-Jul	14-Aug	16-Oct
#2 Childbirth Class 10a-12p	16-Jan	13-Mar	8-May	17-Jul	21-Aug	23-Oct
#3 Childbirth Class 10a-12p	23-Jan	20-Mar	15-May	24-Jul	28-Aug	30-Oct
#4 Newborn Care: 10a-12p	30-Jan	27-Mar	22-May	31-Jul	4-Sep	6-Nov
#5 Breastfeeding: 10a-12p	6-Feb	3-Apr	29-May	7-Aug	18-Sep	13-Nov

**CHILDBIRTH EVENING SERIES WITH HOSPITAL TOUR (Community Campus- POBS 2A)- FREE**

**WEDNESDAY PM SERIES:**

	JANUARY	MARCH-APR	MAY	JULY	AUGUST	OCT	NOV-DEC
CC-POBS 2A #1 6:30-8:30p	9-Jan	13-Mar	1-May	10-Jul	14-Aug	2-Oct	13-Nov
CC-POBS 2A #2 6:30-8:30p	16-Jan	20-Mar	8-May	17-Jul	21-Aug	9-Oct	20-Nov
CC-POBS 2A #3 6:30-8:30p	23-Jan	27-Mar	15-May	24-Jul	28-Aug	16-Oct	4-Dec
CC-POBS 2A #4 6:30-8:30p	30-Jan	3-Apr	22-May	31-Jul	4-Sep	23-Oct	11-Dec

**CHILDBIRTH WEEKEND CLASS WITH HOSPITAL TOUR (Community Campus- POBS 2A)-FREE**

**WEEKEND CLASS:**

	JAN	FEB	MAR	APRIL	JUNE	JULY	SEPT	OCT	DECEMBER
CC-POBS 2A Saturday 8:30a-4:30p	12-Jan	9-Feb	9-Mar	6-Apr	1-Jun	27-Jul	7-Sep	5-Oct	7-Dec

**ON-LINE CHILDBIRTH CLASS - \$50 Fee**  
**Offered Year-Round, taken anytime at your own convenience.**

**NEWBORN CARE CLASSES- FREE**

**WEDNESDAY EVE CLASS:**

	FEBRUARY	APRIL	MAY	AUGUST	SEPT	OCT	DECEMBER
CC-POBS 2A 6:30-8:30p	6-Feb	10-Apr	29-May	7-Aug	18-Sept	30-Oct	18-Dec

**SUNDAY AFTERNOON CLASS**

	JANUARY	APRIL	JUNE	JULY	SEPTEMBER	DECEMBER
CC-POBS 2A 1:00-3:00p	13-Jan	7-Apr	2-Jun	28-Jul	8-Sep	8-Dec

**WEDNESDAY AM CLASS**

	JANUARY	MARCH	MAY	JULY	SEPTEMBER	NOVEMBER
UHCC 5th Flr 10am-12p	30-Jan	27-Mar	22-May	31-Jul	4-Sep	6-Nov

**BREASTFEEDING CLASS- FREE**

**TUESDAY CLASS:**

	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
CC-POBS 2A 6:30p-9:00p	8-Jan	5-Feb	5-Mar	2-Apr	7-May	4-Jun

	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
	9-Jul	6-Aug	10-Sep	1-Oct	5-Nov	3-Dec

**WEDNESDAY AM CLASS**

	FEBRUARY	APRIL	MAY	AUGUST	SEPTEMBER	NOVEMBER
UHCC 5th Flr 10am-12p	6-Feb	3-Apr	29-May	7-Aug	18-Sep	13-Nov

**BREASTFEEDING BACK TO WORK CLASS (CC-POBS 2A)- FREE**

**TUESDAY CLASS:**

	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
CC-POBS 2A 12:00p-2:00p	8-Jan	12-Feb	12-Mar	9-Apr	14-May	11-Jun

	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
	9-Jul	13-Aug	10-Sep	8-Oct	12-Nov	10-Dec

**HOSPITAL TOUR (CC-POBS 2A)- FREE**

**WEDNESDAY CLASS:**

	FEBRUARY	APRIL	MAY	AUGUST	SEPT	OCT	DECEMBER
CC-POBS 2A #1. 5:00p-6:30p	6-Feb	10-Apr	29-May	7-Aug	18-Sept	30-Oct	18-Dec

**SUNDAY CLASS**

	JANUARY	APRIL	JUNE	JULY	SEPTEMBER	DECEMBER
CC-POBS 2A #1. 3:00-4:30p	13-Jan	7-Apr	2-Jun	28-Jul	8-Sep	8-Dec

**THURSDAY CLASS**

	FEBRUARY	MARCH	APRIL	JUNE	AUGUST	OCTOBER
CC-POBS 2A. 11:30a-1:00p	7-Feb	28-Mar	25-Apr	13-Jun	8-Aug	10-Oct

**BABY AND ME CLASS SERIES (CC-POB S 2A)- FREE**

**(New Parent/Guardian with New Baby ages 2 weeks-6months)**

**THURSDAY AM SERIES:**

	JANUARY	MARCH	MAY	JULY	SEP-OCT	NOV
CC-POBS 2A #1. 10:00a-12:00p	10-Jan	7-Mar	2-May	11-Jul	19-Sep	7-Nov

CC-POBS 2A #2. 10:00a-12:00p	17-Jan	14-Mar	9-May	18-Jul	26-Sep	14-Nov
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CC-POBS 2A #3. 10:00a-12:00p	24-Jan	21-Mar	16-May	25-Jul	3-Oct	21-Nov
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**MY NEW SIBLING CLASS (CC-POB S 2A)- FREE**

**(2-14 year old Children with Parent/Guardian)**

**SATURDAY CLASS:**

	MARCH	JUNE	SEPTEMBER	DECEMBER
CC-POBS 2A 10:00a-12:00p	2-Mar	15-Jun	21-Sep	14-Dec

\*\*Please visit [www.upstate.edu/bestbegin](http://www.upstate.edu/bestbegin) or call Upstate Connect at 315-464-2756 to register for a class.

**Legend:** CC-POBS 2A= Community Campus Physician Office Building South #2A

UHCC= University Health Care Center, 90 Presidential Plaza-5th floor