

Upstate Best Beginnings: Childbirth & New Family Classes 2020



DROP-IN EDUCATION & SUPPORT HOURS (Community Campus- POBS 2A)-FREE
Come by **Thursdays from 1p-3p to speak to a certified RN

**Drop-in session will NOT meet on the following Thursdays in 2020: 1/2, 2/20, 4/9, 4/23, 7/2, 11/26, 12/24

OFF-SITE CLASSES (University Health Care Center- 90 Presidential Plaza-5th flr conf)- FREE						
WEDNESDAY AM SERIES:	JAN-FEB	MARCH- APRIL	MAY-JUNE	JULY-AUG	AUG-SEPT	OCT-NOV
#1 Childbirth Class 10a-12p	8-Jan	4-Mar	13-May	8-Jul	12-Aug	7-Oct
#2 Childbirth Class 10a-12p	15-Jan	11-Mar	20-May	15-Jul	19-Aug	14-Oct
#3 Childbirth Class 10a-12p	22-Jan	18-Mar	27-May	22-Jul	26-Aug	21-Oct
#4 Newborn Care: 10a-12p	29-Jan	25-Mar	3-Jun	29-Jul	2-Sep	4-Nov
#5 Breastfeeding: 10a-12p	5-Feb	1-Apr	10-Jun	5-Aug	9-Sep	11-Nov

CHILDBIRTH EVENING SERIES WITH HOSPITAL TOUR (Community Campus- POBS 2A)- FREE							
WEDNESDAY PM SERIES:	JANUARY	MARCH	MAY	JULY	AUGUST	OCT	NOV-DEC
CC-POBS 2A #1 6:30-8:30p	8-Jan	4-Mar	13-May	8-Jul	12-Aug	7-Oct	11-Nov
CC-POBS 2A #2 6:30-8:30p	15-Jan	11-Mar	20-May	15-Jul	19-Aug	14-Oct	18-Nov
CC-POBS 2A #3 6:30-8:30p	22-Jan	18-Mar	27-May	22-Jul	26-Aug	21-Oct	2-Dec
CC-POBS 2A #4 6:30-8:30p	29-Jan	25-Mar	3-Jun	29-Jul	2-Sep	28-Oct	9-Dec

CHILDBIRTH WEEKEND CLASS WITH HOSPITAL TOUR (Community Campus- POBS 2A)-FREE									
WEEKEND CLASS:	JAN	FEB	MAR	APRIL	JUNE	AUGUST	SEPT	NOV	DEC
CC-POBS 2A Saturday 8:30a-4:30p	11-Jan	1-Feb	7-Mar	18-Apr	6-Jun	8-Aug	19-Sep	7-Nov	5-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	JUNE	AUGUST	SEPT	NOV	DECEMBER
CC-POBS 2A 6:30-8:30p	5-Feb	1-Apr	10-Jun	5-Aug	9-Sept	4-Nov	16-Dec
SUNDAY AFTERNOON CLASS	JANUARY	MARCH	APRIL	JUNE	SEPTEMBER	DECEMBER	
CC-POBS 2A 1:00-3:00p	12-Jan	8-Mar	19-Apr	7-Jun	20-Sep	6-Dec	
WEDNESDAY AM CLASS	JANUARY	MARCH	JUNE	JULY	SEPTEMBER	NOVEMBER	
UHCC 5th Flr 10am-12p	29-Jan	25-Mar	3-Jun	29-Jul	2-Sep	4-Nov	

BREASTFEEDING CLASS- FREE						
TUESDAY CLASS:	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
CC-POBS 2A 6:30p-9:00p	7-Jan	4-Feb	3-Mar	14-Apr	5-May	2-Jun
WEDNESDAY AM CLASS	FEBRUARY	APRIL	JUNE	AUGUST	SEPTEMBER	NOVEMBER
UHCC 5th Flr 10am-12p	5-Feb	1-Apr	10-Jun	5-Aug	9-Sep	11-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	14-Jan	11-Feb	10-Mar	14-Apr	12-May	9-Jun
WEDNESDAY AM CLASS	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
UHCC 5th Flr 10am-12p	14-Jul	11-Aug	8-Sep	13-Oct	10-Nov	8-Dec

HOSPITAL TOUR (CC-POBS 2A)- FREE							
WEDNESDAY CLASS:	FEBRUARY	APRIL	JUNE	AUGUST	SEPT	NOV	DECEMBER
CC-POBS 2A #1. 5:00p-6:30p	5-Feb	1-Apr	10-Jun	5-Aug	9-Sept	4-Nov	16-Dec
SUNDAY CLASS	JANUARY	MARCH	APRIL	JUNE	SEPTEMBER	DECEMBER	
CC-POBS 2A #1. 3:00-4:30p	12-Jan	8-Mar	19-Apr	7-Jun	20-Sep	6-Dec	
THURSDAY CLASS	FEBRUARY	APRIL	MAY	JULY	OCTOBER	NOVEMBER	
CC-POBS 2A. 11:30a-1:00p	6-Feb	2-Apr	28-May	30-Jul	1-Oct	19-Nov	

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	SEPT	NOV
CC-POBS 2A #1. 10:00a-12:00p	16-Jan	5-Mar	7-May	9-Jul	3-Sep	5-Nov
CC-POBS 2A #2. 10:00a-12:00p	23-Jan	12-Mar	14-May	16-Jul	10-Sep	12-Nov
CC-POBS 2A #3. 10:00a-12:00p	30-Jan	19-Mar	21-May	23-Jul	17-Sep	19-Nov

MY NEW SIBLING CLASS (CC-POB S 2A)- FREE			
(2-14 year old Children with Parent/Guardian)			
SATURDAY CLASS:	MARCH	JUNE	SEPTEMBER
CC-POBS 2A 10:00a-12:00p	14-Mar	13-Jun	12-Sep
			DECEMBER
			12-Dec

**Please visit 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