

Upstate Best Beginnings: Childbirth & New Family Classes 2021

****All Free Sessions are currently being held virtually by Zoom.**



EDUCATION & SUPPORT ZOOM-IN -FREE
EVERY THURSDAY:

1p-2p: Breastfeeding Support & Education
Register intent to attend: <https://upstate.zoom.us/j/7qcuurrzsoH9TIVMGH5AhBoaPgHuahlv9T>

2:30p-3:30p: ASK The Educator
Register intent to attend: <https://upstate.zoom.us/j/4sGN0D2YbeLynitlx4D8fZVpCl>

CHILDBIRTH DAYTIME CLASS WITH VIRTUAL HOSPITAL TOUR - FREE

WEDNESDAY AM SERIES:	JAN-FEB	MARCH	MAY	JULY	SEPT	NOV
#1 Childbirth Class 10a-12p	6-Jan	3-Mar	5-May	7-Jul	1-Sep	3-Nov
#2 Childbirth Class 10a-12p	13-Jan	10-Mar	12-May	14-Jul	8-Sep	10-Nov
#3 Childbirth Class 10a-12p	20-Jan	17-Mar	19-May	21-Jul	15-Sep	17-Nov

CHILDBIRTH EVENING CLASS WITH VIRTUAL HOSPITAL TOUR- FREE

WEDNESDAY PM SERIES:	JANUARY	MARCH	MAY	JULY	SEPT	NOV
#1 6:30-8:30p	6-Jan	3-Mar	5-May	7-Jul	1-Sep	3-Nov
#2 6:30-8:30p	13-Jan	10-Mar	12-May	14-Jul	8-Sep	10-Nov
#3 6:30-8:30p	20-Jan	17-Mar	19-May	21-Jul	15-Sep	17-Nov

CHILDBIRTH WEEKEND CLASS WITH VIRTUAL HOSPITAL TOUR - FREE

WEEKEND CLASS:	FEB	APRIL	JUNE	AUGUST	OCTOBER	DECEMBER
Saturday 8:30a-3:30p	6-Feb	10-Apr	5-Jun	7-Aug	2-Oct	4-Dec

ON-DEMAND, SELF-PACED E-CLASSES - \$50 Fee

Offered Year-Round, taken anytime at your own convenience.
Understanding Childbirth Online Class
Understanding Fatherhood

NEWBORN CARE CLASS- FREE

WEDNESDAY EVE CLASS:	FEBRUARY	APRIL	JUNE	AUGUST	SEPTEMBER	DECEMBER
6:30-8:30p	3-Feb	7-Apr	2-Jun	4-Aug	29-Sep	8-Dec
SUNDAY AFTERNOON CLASS	FEBRUARY	APRIL	JUNE	AUGUST	OCTOBER	DECEMBER
1:00-3:00p	7-Feb	11-Apr	6-Jun	8-Aug	3-Oct	5-Dec
WEDNESDAY AM CLASS	JANUARY	MARCH	MAY	JULY	SEPTEMBER	DECEMBER
10am-12p	27-Jan	24-Mar	26-May	28-Jul	22-Sep	1-Dec

BREASTFEEDING CLASS- FREE

TUESDAY CLASS:	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
6:30p-9:00p	5-Jan	2-Feb	2-Mar	6-Apr	4-May	1-Jun
WEDNESDAY AM CLASS	FEBRUARY	APRIL	JUNE	AUGUST	SEPTEMBER	DECEMBER
10am-12p	3-Feb	7-Apr	2-Jun	4-Aug	29-Sep	8-Dec

BREASTFEEDING BACK TO WORK CLASS - FREE

TUESDAY CLASS:	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
12:00p-2:00p	12-Jan	9-Feb	9-Mar	13-Apr	11-May	8-Jun
WEDNESDAY AM CLASS	FEBRUARY	APRIL	JUNE	AUGUST	SEPTEMBER	DECEMBER
10am-12p	3-Feb	7-Apr	2-Jun	4-Aug	29-Sep	8-Dec

VIRTUAL HOSPITAL TOUR - FREE

WEDNESDAY CLASS:	FEBRUARY	APRIL	JUNE	AUGUST	SEPTEMBER	DECEMBER
#1. 5:30p-6:30p	3-Feb	7-Apr	2-Jun	4-Aug	29-Sep	8-Dec
SUNDAY CLASS	FEBRUARY	APRIL	JUNE	AUGUST	OCTOBER	DECEMBER
#1. 3:00-4:00p	7-Feb	11-Apr	6-Jun	8-Aug	3-Oct	5-Dec

BABY AND ME CLASS SERIES - FREE

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

THURSDAY AM SERIES:	JANUARY	MARCH	MAY	JULY	SEPT	NOV
#1. 10:00a-11:00a	14-Jan	4-Mar	6-May	8-Jul	2-Sep	4-Nov
#2. 10:00a-11:00a	21-Jan	11-Mar	13-May	15-Jul	9-Sep	11-Nov
#3. 10:00a-11:00a	28-Jan	18-Mar	20-May	22-Jul	16-Sep	18-Nov

MY NEW SIBLING CLASS - FREE

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

SATURDAY CLASS:	MARCH	JUNE	SEPTEMBER	DECEMBER
10:00a-12:00p	13-Mar	12-Jun	18-Sep	11-Dec

**Please visit www.upstate.edu/bestbegin

or call Upstate Connect at 315-464-2756 to register for a class.