



Family Birth Center

Upstate Best Beginnings: Childbirth & New Family Classes 2022

In-person (COVID vaccinated attendees only) OR Virtual

UPSTATE NEW FAMILY CAFÉ's:

Thursdays: 10a-11a: Baby & Me- New Family Café - FREE

Register to attend:

<https://upstate.zoom.us/j/7rduitaD0pHdOfPdBy6uPMRDF2YnEPOe2o>

Thursdays: 11a-12p: Breastfeeding Café - FREE

Register to attend:

<https://upstate.zoom.us/j/7rduitaD0pHdOfPdBy6uPMRDF2YnEPOe2o>

UPSTATE CHILDBIRTH AND NEW FAMILY CLASSES

CHILDBIRTH DAYTIME CLASS WITH HOSPITAL TOUR - FREE

WEDNESDAY AM SERIES:

#1 Childbirth Class 10a-12p

#2 Childbirth Class 10a-12p

#3 Childbirth Class 10a-12p

JAN-FEB	MARCH	MAY	JULY	SEPT	NOV
5-Jan	2-Mar	4-May	13-Jul	7-Sep	2-Nov
12-Jan	9-Mar	11-May	20-Jul	14-Sep	9-Nov
19-Jan	16-Mar	18-May	27-Jul	21-Sep	16-Nov

CHILDBIRTH EVENING CLASS WITH VIRTUAL HOSPITAL TOUR- FREE

WEDNESDAY PM SERIES:

#1 6:30-8:30p

#2 6:30-8:30p

#3 6:30-8:30p

JANUARY	MARCH	MAY	JULY	SEPT	NOV
5-Jan	2-Mar	4-May	13-Jul	7-Sep	2-Nov
12-Jan	9-Mar	11-May	20-Jul	14-Sep	9-Nov
19-Jan	16-Mar	18-May	27-Jul	21-Sep	16-Nov

CHILDBIRTH WEEKEND CLASS WITH VIRTUAL HOSPITAL TOUR - FREE

WEEKEND CLASS:

Saturday 8:30a-3:30p

FEB	APRIL	JUNE	AUGUST	OCTOBER	DECEMBER
5-Feb	9-Apr	4-Jun	6-Aug	1-Oct	3-Dec

NEWBORN CARE CLASS- FREE

WEDNESDAY EVE CLASS:

6:30-8:30p

SUNDAY AFTERNOON CLASS

1:00-3:00p

WEDNESDAY AM CLASS

10am-12p

FEBRUARY	APRIL	JUNE	AUGUST	SEPTEMBER	DECEMBER
2-Feb	6-Apr	1-Jun	3-Aug	28-Sep	7-Dec
FEBRUARY	APRIL	JUNE	AUGUST	OCTOBER	DECEMBER
6-Feb	10-Apr	5-Jun	7-Aug	2-Oct	4-Dec
JANUARY	MARCH	MAY	JULY	SEPTEMBER	NOVEMBER
26-Jan	23-Mar	25-May	27-Jul	21-Sep	30-Nov

PRENATAL BREASTFEEDING CLASS- FREE

TUESDAY CLASS:

6:30p-9:00p

WEDNESDAY AM CLASS

10am-12p

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
4-Jan	1-Feb	1-Mar	5-Apr	3-May	7-Jun
JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
12-Jul	2-Aug	6-Sep	4-Oct	1-Nov	6-Dec
FEBRUARY	APRIL	JUNE	AUGUST	SEPTEMBER	DECEMBER
2-Feb	6-Apr	1-Jun	3-Aug	28-Sep	7-Dec

POSTPARTUM BREASTFEEDING CLASS - FREE

TUESDAY CLASS:

12:00p-2:00p

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
11-Jan	8-Feb	8-Mar	12-Apr	10-May	14-Jun
JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
12-Jul	9-Aug	13-Sep	11-Oct	8-Nov	13-Dec

VIRTUAL HOSPITAL TOUR - FREE

WEDNESDAY CLASS:

#1. 5:30p-6:30p

SUNDAY CLASS

#1. 3:00-4:00p

FEBRUARY	APRIL	JUNE	AUGUST	SEPTEMBER	DECEMBER
2-Feb	6-Apr	1-Jun	3-Aug	28-Sep	7-Dec
FEBRUARY	APRIL	JUNE	AUGUST	OCTOBER	DECEMBER
6-Feb	10-Apr	5-Jun	7-Aug	2-Oct	4-Dec

MY NEW SIBLING CLASS - FREE

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

SATURDAY CLASS:

10:00a-12:00p

MARCH	JUNE	SEPTEMBER	DECEMBER
12-Mar	11-Jun	17-Sep	10-Dec

ON-DEMAND, SELF-PACED E-CLASSES

Offered Year-Round, taken anytime at your own convenience.

Understanding Childbirth Online Class- \$50 Fee

Understanding Fatherhood- \$50

Free Breastfeeding Class - link: <https://vimeo.com/album/5394316> Passcode: bfhiparent

Please visit www.upstate.edu/bestbegin or call 315-464-2756 to register for a class