

Upstate Best Beginnings: Childbirth & New Family Classes 2023

In-person OR Virtual

UPSTATE FAMILY SUPPORT CAFE'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:	JAN-FEB	MARCH	MAY	JULY	SEPT	NOV
#1 Childbirth Class 10a-12p	4-Jan	1-Mar	3-May	12-Jul	6-Sep	1-Nov
#2 Childbirth Class 10a-12p	11-Jan	10-Mar	10-May	19-Jul	13-Sep	8-Nov
#3 Childbirth Class 10a-12p	18-Jan	15-Mar	17-May	26-Jul	20-Sep	15-Nov
CHILDBIRTH EVENING CLASS WITH VIRTUAL HOSPITAL TOUR- FREE						
WEDNESDAY PM SERIES:	JANUARY	MARCH	MAY	JULY	SEPT	NOV
#1 6:30-8:30p	4-Jan	1-Mar	3-May	12-Jul	6-Sep	1-Nov
#2 6:30-8:30p	11-Jan	8-Mar	10-May	19-Jul	13-Sep	8-Nov
#3 6:30-8:30p	18-Jan	15-Mar	17-May	26-Jul	20-Sep	15-Nov
CHILDBIRTH WEEKEND CLASS WITH VIRTUAL HOSPITAL TOUR - FREE						
WEEKEND CLASS:	FEB	APRIL	JUNE	AUGUST	OCTOBER	DECEMBER
Saturday 8:30a-3:30p	4-Feb	8-Apr	3-Jun	5-Aug	7-Oct	2-Dec
NEWBORN CARE CLASS- FREE						
WEDNESDAY EVE CLASS:	JANUARY	MARCH	MAY	AUGUST	OCTOBER	NOVEMBER
6:30-8:30p	25-Jan	22-Mar	24-May	2-Aug	4-Oct	29-Nov
SUNDAY AFTERNOON CLASS	FEBRUARY	APRIL	JUNE	AUGUST	OCTOBER	DECEMBER
1:00-3:00p	5-Feb	9-Apr	4-Jun	6-Aug	8-Oct	3-Dec
WEDNESDAY AM CLASS	JANUARY	MARCH	MAY	AUGUST	OCTOBER	NOVEMBER
10am-12p	25-Jan	22-Mar	24-May	2-Aug	4-Oct	29-Nov
PRENATAL BREASTFEEDING CLASS- FREE						
TUESDAY CLASS:	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
6:30p-9:00p	3-Jan	7-Feb	7-Mar	4-Apr	2-May	6-Jun
	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
	11-Jul	1-Aug	5-Sep	3-Oct	7-Nov	5-Dec
WEDNESDAY AM CLASS	FEBRUARY	MARCH	MAY	AUGUST	OCTOBER	DECEMBER
10am-12p	1-Feb	29-Mar	31-May	9-Aug	11-Oct	6-Dec
POSTPARTUM BREASTFEEDING CLASS - FREE						
TUESDAY CLASS:	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
12:00p-2:00p	10-Jan	14-Feb	14-Mar	11-Apr	9-May	13-Jun
	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
	18-Jul	8-Aug	12-Sep	10-Oct	14-Nov	12-Dec
VIRTUAL HOSPITAL TOUR - FREE						
WEDNESDAY CLASS:	JANUARY	MARCH	MAY	AUGUST	OCTOBER	NOVEMBER
#1. 5:30p-6:30p	25-Jan	22-Mar	24-May	2-Aug	4-Oct	29-Nov
SUNDAY CLASS	FEBRUARY	APRIL	JUNE	AUGUST	OCTOBER	DECEMBER
#1. 3:00-4:00p	5-Feb	9-Apr	4-Jun	6-Aug	8-Oct	3-Dec
MY NEW SIBLING CLASS - FREE						
(2-14 year old Children with Parent/Guardian)						
SATURDAY CLASS:	MARCH	JUNE	SEPTEMBER	DECEMBER		
10:00a-12:00p	11-Mar	3-Jun	16-Sep	9-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						
Please visit www.upstate.edu/bestbegin or call 315-464-2756 to register for a class						