

For The Mother-To-Be

Babies First

*A loving start for every baby.
Loving care for every mom.*

Schedule of Maternal Education Classes

July – December 2007

Prepared Childbirth Classes (Lamaze)

(Newborn Care and Breastfeeding
Class Included)

Monday or Wednesday evenings
6 pm – 9 pm for four weeks

Fee: \$60 per couple

Mondays

September 10, 17, 24 & October 1
November 5, 12, 19 & 26

Wednesdays

July 11, 18, 25 & August 1
August 15, 22, 29 & September 5
October 3, 10, 17 & 24
November 28, December 5, 12 & 19

Refresher Class

Two 3-hour classes

Call for class dates

Fee: \$30

Cesarean Child Birth Class

One 2-hour class

Call for class dates

Fee: \$15 per couple

Natural Family Planning

Call for an appointment 909.881.4420

Maternity Tea & Tour

6 pm – 7:30 pm

Tuesdays

July 3
August 7
September 4
October 2
November 6
December 4

Complimentary (call to register)

Meet in main hospital lobby
by the gift shop.

Newborn Care & Breastfeeding Class

(Included in Lamaze Course)

One 3-hour class

6 – 9 pm

Fee: \$20

Mondays

October 1
November 26

Wednesdays

August 1
September 5
October 24
December 19

Sibling Preparation

10 am – 12 noon

Saturday, September 15

Saturday, December 8

Fee: \$15

Infant and Child CPR

Please call for class information
909.883.8711, ext. 3289.

Complimentary

Asistencia en Español



St. Bernardine Medical Center

A member of CHW

Maternal Education Department

2101 N. Waterman Avenue
San Bernardino, CA 92404
909.881.4420

www.StBernardineMedicalCenter.org

For all classes (except Maternity Tea & Tour)

Park in the Emergency parking lot on the corner of 21st Street and Waterman Avenue. Enter through the Emergency lobby. Go to the main hallway and turn left. Take the elevators with the pink doors to the education department on the 2nd floor. Turn left off the elevator and go down the hall. For assistance please call 909.881.4420.