Healthy Beginnings Tour (ADULTS ONLY)

Cost: Free
Tour VCU Medical Center’s Birthing Center so you’ll know what to do and where to go when that special day arrives. This class is designed to be taken early in the pregnancy (approximately 18 weeks). Please meet on the first floor of the Critical Care Hospital, across from the Three Bears Gift Shop.

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
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</thead>
<tbody>
<tr>
<td>Su</td>
<td>3 to 4 p.m.</td>
<td>1/6, 3/10, 5/19, 7/14, 9/22, 11/17, 1/12/2014</td>
</tr>
<tr>
<td>M</td>
<td>7 to 8 p.m.</td>
<td>2/11, 4/8, 6/10, 8/12, 10/7, 12/9</td>
</tr>
<tr>
<td>W</td>
<td>Noon to 1 p.m.</td>
<td>1/30, 5/29, 7/31, 10/30, 1/29/2014</td>
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</table>

Childbirth Preparation (ADULTS ONLY)

Cost: $60 per couple ($40)
Increases confidence and knowledge of the childbirth experience. Teaches signs and stages of labor, relaxation and breathing techniques, labor and delivery options, and helpful hints on going home after delivery. Classes offered on Saturdays are for those who cannot attend one of the weekday sessions. Please bring a lunch and a snack.

Instructions: Bring partner (support person), two pillows and a blanket. Please wear comfortable clothes (slacks, not dresses).

<table>
<thead>
<tr>
<th>Days</th>
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</thead>
<tbody>
<tr>
<td>W</td>
<td>7 to 9:30 p.m.</td>
<td>VCU Medical Center at Stony Point</td>
<td>1/9-1/23, 3/13-3/27, 6/12-6/26, 7/10-7/24, 8/7-8/21, 9/18-10/2, 11/6-11/20, 1/8-1/22/2014</td>
</tr>
<tr>
<td>Th</td>
<td>7 to 9:30 p.m. (3 classes)</td>
<td>Main Hospital, 8th Floor, Room 8-210</td>
<td>2/21-3/7, 4/25-5/9, 10/10-10/24, 12/5-12/19</td>
</tr>
<tr>
<td>Sa</td>
<td>9 a.m. to 4 p.m.*</td>
<td>VCU Medical Center at Stony Point</td>
<td>4/6, 7/27, 10/26</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Main Hospital, 8th Floor, Room 8-210</td>
<td>2/9, 5/4, 12/7</td>
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Breastfeeding (ADULTS ONLY)

Cost: $15 ($10)
Teaches the benefits of breastfeeding for mother and baby with helpful hints and suggestions from lactation consultants. Provides information on breastfeeding techniques and common problems mothers encounter while breastfeeding. Partners are welcome and encouraged to attend.

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<tbody>
<tr>
<td>Tu</td>
<td>2 to 4 p.m.</td>
<td>Nelson Clinic, 5th Floor, Centering Room</td>
<td>1/29, 4/30, 7/30 10/29</td>
</tr>
<tr>
<td>Tu</td>
<td>7 to 9 p.m.</td>
<td>Main Hospital, 8th Floor, Room 8-210</td>
<td>3/19, 6/4, 11/5, 1/28/2014</td>
</tr>
<tr>
<td>W</td>
<td>7 to 9 p.m.</td>
<td>VCU Medical Center at Stony Point</td>
<td>2/6, 4/3, 7/31, 10/16</td>
</tr>
<tr>
<td>F</td>
<td>10 a.m. to Noon</td>
<td>Nelson Clinic, 5th Floor, Centering Room</td>
<td>3/29, 5/31, 8/30, 1/31/2014</td>
</tr>
<tr>
<td>Sa</td>
<td>Noon to 2 p.m.*</td>
<td>VCU Medical Center at Stony Point</td>
<td>1/19, 5/18, 8/17, 11/16, 1/11/2014</td>
</tr>
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</table>

Newborn Parenting (ADULTS ONLY)

Cost: $30 ($20)
Discusses normal newborn appearance and abilities, safety, and daily care activities, such as feeding, changing, dressing, bathing, parenting styles and discipline.

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<tr>
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<td>7 to 9:30 p.m.</td>
<td>Main Hospital, 8th Floor, Room 8-210</td>
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</tr>
<tr>
<td>Sa</td>
<td>9 a.m. to 12:30 p.m.*</td>
<td>VCU Medical Center at Stony Point</td>
<td>1/19, 5/18, 8/17, 11/16, 1/11/2014</td>
</tr>
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Prices in parentheses denote Three Bears Club discount (see back page for details). *Please bring a lunch and/or a snack.
Infant CPR (ADULTS ONLY)

Cost: $15 ($10)
Instructs expectant parents on the basics of infant CPR through hands-on practice with baby dolls. No certificate given.

- **Tuesdays**
  - Location: VCU Medical Center at Stony Point
  - Dates: 2/12, 3/12, 5/14, 6/11 8/13, 9/10, 11/12, 12/10
  - Location: Main Hospital, 8th Floor, Room 8-210
  - Dates: 1/8, 4/9, 7/9, 10/8

Sibling Class

Cost: $15 ($10)
Designed to help the soon-to-be big brother or sister get ready for the new baby.

- **Sundays**
  - Location: Main Hospital, 8th Floor, Room 8-210
  - Dates: 3/10, 7/14, 11/17

Grandparenting 101

Cost: $15 ($10)
Designed to update future grandparents with a fresh approach to current parenting and safety issues.

- **Sundays**
  - Location: Main Hospital, 8th Floor, Room 8-210
  - Dates: 5/19, 9/22, 1/12/2014

Daddy Boot Camp (For Men Only)

Cost: $25 (scholarships available)
Workshop for men, taught by men, dealing with all the new experiences for first-time fathers. **To register, call (804) 288-3431** or visit **www.FirstThingsRichmond.org**

- **Saturdays**
  - Location: Main Hospital, 8th Floor, Room 8-210
  - Dates: 10/19
  - Location: VCU Medical Center at Stony Point
  - Dates: 3/9, 5/4, 7/13, 11/9

When Baby Makes Three

Cost: $25 (scholarships available)
Want to have more time, more intimacy, more money, and less drama? Learn practical tips to keep the fire burning. **To register, call (804) 288-3431** or visit **www.FirstThingsRichmond.org**

- **Saturdays**
  - Location: VCU Medical Center at Stony Point
  - Dates: 6/1

Postpartum Breastfeeding Support Group

Cost: Free
Bimonthly support group for new mothers and their babies who have questions and concerns about breastfeeding in the weeks after birth. Please do not register until after delivery.

- **Tuesdays**
  - Location: Nelson Clinic, 5th Floor, Centering Room
  - Dates: 2/5, 3/5, 4/2, 5/7, 6/8, 9/3, 10/1, 11/5, 12/3, 1/17/2014
  - Location: VCU Medical Center at Stony Point
  - Dates: 1/15, 2/19, 3/19, 4/16, 5/21, 6/18, 7/16, 8/20, 9/17, 10/15, 11/19, 12/17, 1/21/2014

General Information

Payment: Checks should be made payable to VCU Health System. Please mail all payments to:

**VCU Medical Center**
**Women’s Health at Nelson Clinic**
**P.O. Box 980034**
**Richmond, VA 23298-0034**
**Attn: Diana Lambert, Practice Manager**

Cancellation: All times and dates are subject to change due to registration and availability. Seating for all classes is limited. If you are unable to attend a class for which you have registered, please call (804) 828-4409 so that we may contact the next person on the waiting list to take your place.

Directions: VCU Medical Center’s Main Hospital is located on the MCV Campus in Downtown Richmond at 1250 E. Marshall Street. Our Stony Point facility is located at 9000 Stony Point Parkway, near the Stony Point Fashion Park. Visit **maps.vcu.edu** for directions to all VCU Medical Center locations. Parking is available on the MCV Campus at VCU Medical Center’s Patient and Visitor Parking Deck, located at 12th and Leigh streets.

Three Bears Club: The Three Bears Club provides everything an expecting family needs, from prenatal classes to advanced pre-registration to breastfeeding assistance. If you are delivering at VCU Medical Center, you are automatically registered as a Three Bears Club member. VCU and VCU Health System employees receive an additional 50% employee discount. Three Bears Club members receive a discount (price indicated in parentheses) on all classes. We also offer a special package price of $60 for all classes (does not include Daddy Boot Camp and When Baby Makes Three). **For more information about the Three Bears Club, call (804) 828-4634.**

Inclement Weather: In event of inclement weather, please call (804) 828-9000 to confirm whether or not your class will be held.

For more information, contact Valerie Coleman at (804) 828-4634 or vcoleman5@mcvh-vcu.edu