

Preparing you for the most important moment of your life.



2026 Class Information

Please Call 504-464-8365 to sign up for classes. Space is limited.

Childbirth Class | Saturdays, 9:00 a.m. – 1:00 p.m. | Creole Room - Hospital, 1st floor

In this relaxed class, you will learn the basics of childbirth. It will cover what to expect when you are in labor, pain relief options, cesarean birth, medical procedures, the newborn and recovery after you deliver. The class includes a tour. [January 10](#) | [March 14](#) | [May 16](#) | [July 11](#) | [September 12](#) | [November 14](#)

Sibling Class | Sundays, 3:30 p.m. – 5:00 p.m. | Labor & Delivery Unit - Hospital, 3rd floor

Sibling class is for big brothers and big sisters. This fun class will help explain what to expect when their baby comes home, what their baby will be like, and what they will be able to do and not do. They will get a look at the hospital rooms where you stay after you deliver. We welcome children ages two and up. [January 18](#) | [April 12](#) | [August 16](#) | [November 22](#)

Breastfeeding Class | Tuesdays, 5:00 p.m. - 7:00 p.m. | Virtual Class Via Zoom

During this class, we will discuss breastfeeding techniques and what the American Academy of Pediatrics recommends for new mothers. Lactation nurses will be available to answer any questions you may have about this skill. Your support person (partner, family member or friend) is welcome to attend with you.

[January 20](#) | [March 24](#) | [May 26](#) | [July 21](#) | [September 22](#) | [November 17](#)

The ABC's of Low Intervention Childbirth | Wednesdays, 6:30 p.m. – 8:00 p.m. | Virtual Class Via Zoom

Our goal is to provide you with valuable information and resources to prepare you for one of life's most miraculous events – the birth of your child. Topics will include: the mind-body connection, labor support techniques and resources for a low intervention birth.

[January 21](#) | [March 18](#) | [May 13](#) | [July 15](#) | [September 16](#) | [November 18](#)

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