



**PRENATAL CLASSES**

**COMMUNITY RESOURCES**

**ST. FRANCIS**  
**Registration Information: Phone 719-571-3101 or Online at**  
[www.penrosetfrancis.org/body.cfm?id=120](http://www.penrosetfrancis.org/body.cfm?id=120)

**Classes for 4-6 Months of Pregnancy**

- ❖ Prematurity Prevention Class - \$10.00 Per Couple
- ❖ Infant/Child CPR - \$20.00 Per Person
- ❖ Moms in Motion - \$40.00

**Classes for 6-9 Months of Pregnancy**

- ❖ Prepared Childbirth Class - \$80.00 Per Couple
- ❖ Online Childbirth Class - \$60.00
- ❖ Breast Feeding Class - \$40.00 Per Couple
- ❖ Baby Care Class - \$20.00 Per Couple
- ❖ Sibling Class - \$20.00
- ❖ Car Seat Checks - Free

**After Birth Classes**

- ❖ Infant Massage - \$30.00 Per Couple
- ❖ Breast-Feeding Support Group - \$40.00
- ❖ Raising Baby: New Moms Group - Free

**MEMORIAL HOSPITAL**  
**Registration Information: Phone 719-444-CARE (2273) or online at**  
[www.memorialhealthsystems.com/wps/connect/mh/main](http://www.memorialhealthsystems.com/wps/connect/mh/main)

**Classes**

- ❖ Childbirth Preparation-4 Week Series - \$85.00 Per Couple
- ❖ Childbirth Preparation-One Day - \$85.00 Per Couple
- ❖ Boot camp For New Dads - \$45.00 Per Person
- ❖ Newborn Care - \$45.00 Per Couple
- ❖ Breastfeeding Basics - \$40.00 Per Couple
- ❖ Car seat Safety - Free





**CATHOLIC CHARITIES**  
 Registration Information: Phone 719-866-6535

**Classes**

- ❖ Childbirth Classes - \$10.00 Per Couple
- ❖ Prenatal Nurturing -Free



**PREGNANCY CENTER**  
 Registration Information: Phone 719-591-2724/719-623-2870

**Classes**

- ❖ Early Pregnancy Class - Free
- ❖ Infant Care Class - Free



**ONLINE RESOURCES**

**BABYMED-** [www.babymed.com/childbirth-class](http://www.babymed.com/childbirth-class)

Must Subscribe to BABYMED using your e-mail address. The Following Classes are Free

**Classes**

- ❖ Pregnancy Basics
- ❖ Pregnancy Changes
- ❖ Pregnancy Comfort and Practice
- ❖ Labor and Delivery Issues
- ❖ Dad and His Part in Pregnancy
- ❖ Pregnancy Planning-Labor Facts and Fiction
- ❖ Pregnancy Planning-Pain Relief and Labor Options
- ❖ Active Labor and Delivery
- ❖ Postpartum Feeding
- ❖ Postpartum Well-Being



**PREGNANCY CENTER-** [www.babycenter.com](http://www.babycenter.com)

**Classes**

- ❖ Childbirth Class App - Free
- ❖ Currently Available For iPhone and iPad Only
- ❖ Numerous Videos Available on a Variety of Pregnancy Issues, However, No Prenatal Classes Available.



**THE BUMP-** [www.thebump.com](http://www.thebump.com)

- ❖ No Formal Online Prenatal Classes
- ❖ Discussion Board, Faq Section,
- ❖ Variety Of Videos Monitored By An Ob Professional, Ob Phys Or Midwife

