

Family Birth Center



Free Education Classes 2025 Schedule

January

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February

S	M	T	W	T	F	S
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16	17	18	19	20	21	22
23	24	25	26	27	28	

March

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23	24	25	26	27	28	29
30	31					

April

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27	28	29	30			

May

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18	19	20	21	22	23	24
25	26	27	28	29	30	31

June

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July

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20	21	22	23	24	25	26
27	28	29	30	31		

August

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23	25	26	27	28	29	30
31						

September

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28	29	30				

October

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26	27	28	29	30		

November

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23	24	25	26	27	28	29
30						

December

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21	22	23	24	25	26	27
28	29	30	31			

Virtual Childbirth Education Series (Live Zoom Session)

Wednesdays 7 p.m. - 9 p.m.

Prepare for your child's birth by learning about what to expect and how to enjoy the experience. This is a four-class series that can be joined at any time. Registration is recommended by the 6th month of pregnancy. Partners encouraged to attend.

Classes start on the first Wednesday of the month

- Week 1 Stages of Labor: Signs, Symptoms & Emergencies
- Week 2 Pain Management/Cesarean Birth
- Week 3 Breastfeeding Workshop
(Grandmothers Encouraged to Attend!)
- Week 4 Postpartum/Parenting

Maternity Tour (In-person) Once a month on a Tuesday, 11 a.m. - 12:15 p.m. and once a month on a Friday, 1 p.m. - 2:15 p.m.

Informational Orientation followed by a walking tour of our state-of-the-art Family Birth Center.

In-Person Maternity Tours have resumed at Northridge Hospital. No children Allowed. Pregnant patients can only bring one partner to the tour.

Space is limited. Call to reserve your spot! Covid guidelines can change at any moment and per LA County health guidelines. If you are feeding ill please reschedule. Virtual tours are always available online.

Child Safety 101 - Video Library

Home Safety Video

Reduce hazards and increase safety at home.

Car Seat Safety Video

90% of people install their baby's car seat incorrectly. Recommended for all caregivers, including grandparents and babysitters!

Please send email request for access to LibertyGrace.Salvio@CommonSpirit.org

Breastfeeding Support Group (In-person)

Every Thursday 1 p.m. - 2 p.m.

Offered every Thursday for mothers looking to exchange breastfeeding information and experiences. Led by a Lactation Educator. Properly fitted masks per LA County Health recommendations. No registration necessary! Call 818.885.8500 x2 2289 for more information.

All classes are free

To register for Classes, please call our 24-Hour call center at (877) 417-9355

To reach the Department of Childbirth a, please call (818) 885-5434

Class dates may be subject to change or cancellation.

