

# Family Birth Center



**Dignity Health**  
Northridge Hospital  
Medical Center

## Free Education Classes 2024 Schedule

January	February	March	April
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May	June	July	August
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September	October	November	December
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### 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. Please reschedule if you're feeling ill. 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. Virtual tours are always available.

### 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!

### 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. No registration necessary! Call (818) 885-8500 x 22289 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, please call (818) 885-5434

Class dates may be subject to change or cancellation.

