

# Prenatal Education Programs

Fort Collins Loveland Greeley

January - June 2020



## Prepare for your Baby's Birth

### Childbirth Preparation and Breastfeeding Classes

Your journey to parenting begins here! These courses will teach you and your partner about the stages of labor, relaxation and breathing techniques, pain medication options, medical interventions, hospital procedures and labor support person role. Registration required for all classes and hospital tours. See back page for registration information and class locations.

#### 4 Week: 6-9 p.m. \$75

**All-inclusive childbirth series with Breastfeeding Basics and Parent Preview tour included.**

Thurs., Jan. 2-23, Greeley

Thurs., Jan. 14-Feb. 4, Fort Collins

Wed., Feb. 5-26, Loveland

Thurs., Feb. 20-March 12, Greeley

Tues., March 3-24, Fort Collins

Wed., April 1-22, Loveland

Thurs., April 2-23, Greeley

Tues., April 21-May 12, Fort Collins

Thurs., May 28-June 18, Greeley

Wed., June 3-24, Loveland

#### Fast Track: Friday 6-9 p.m. and Saturday 1-5 p.m. \$55

**Basic childbirth education and interactive coping activities.**

Jan. 17-18, Loveland

Jan 31- Feb. 1, Fort Collins

Feb. 7-8, Greeley

March 13-14, Loveland

March 27-28, Greeley

April 3-4, Fort Collins

May 1-2, Greeley

May 22-23, Loveland

June 5-6, Fort Collins

June 26-27, Greeley

#### Express: Saturday 9 a.m.-4 p.m. \$50

**Condensed childbirth class for those short on time. Parent Preview Tour included.**

Jan. 11, Fort Collins

Feb. 22, Loveland

March 21, Fort Collins

April 18, Loveland

May 16, Fort Collins

June 13, Loveland

#### Natural: (3 weeks): 6-9 p.m. \$65

**Parents who desire to birth without the use of medications will learn a wide variety of coping strategies. This interactive class emphasizes partner support, informed decision-making and ways to help with comfort during childbirth. Parent Preview Tour included.**

Wed., Jan. 8-22, Loveland

Wed., March 4-18, Loveland

Wed., May 6-20, Loveland

#### Breastfeeding Basics: weeknights, 6-9 p.m. or Saturdays, 9 a.m.-noon \$20

**Breastfeeding Basics class discusses the benefits of breastfeeding, establishing & maintaining good milk supply, feeding techniques, breast pumps, milk storage and how to avoid common problems.**

Tues., Jan. 7, Fort Collins

Thurs., Jan. 23, Greeley

Wed., Jan. 29, Loveland

Sat., Feb. 8, Greeley

Tues., Feb. 25, Fort Collins

Thurs., March 12, Greeley

Wed., March 25, Loveland

Sat., March 28, Greeley

Tues., April 14, Fort Collins

Thurs., April 23, Greeley

Sat., May 2, Greeley

Wed., May 27, Loveland

Tues., June 9, Fort Collins

Thurs., June 18, Greeley

Sat., June 27, Greeley

# Prepare for your Hospital Stay

## Parent Preview Tour - free

Get ready for your hospital stay! We offer an informative, one hour hospital tour for the expectant mother and one adult support partner. **Tours are designed for adults. No children please.** Call 970.495.7500 for information on Spanish language tours or other special tour requests. **Tour registration is required.**

### Poudre Valley Hospital (PVH)

Jan. **4, 14, 22**

Feb. **1, 11, 18**

March **7, 12, 25**

April **4, 14, 21**

May **9, 14, 26**

June **6, 16, 25**

### Medical Center of the Rockies (MCR)

Jan. **2, 11, 18, 30**

Feb. **6, 15, 20, 29**

March **4, 14, 19, 21**

April **7, 11, 16, 25**

May **7, 16, 19, 23**

June **4, 13, 18, 27**

### Color Codes for PVH / MCR Tour Times

Evening (5:30 or 7 p.m.) - black

Saturday (9:30 or 11 a.m.) - red

### Greeley Hospital (GH)

Jan. **11, 21**

Feb. **7, 15, 26**

March **10, 21, 27**

April **8, 25**

May **1, 16, 27**

June **13, 23, 26**

### Color Codes for Greeley Hospital Tour Times

Evening (5:30, 6:30 or 7:30 p.m.) - black

Evening (5:00 p.m.) - gray

Saturday (1:00, 2:00 or 3:00 p.m.) - red

# Prepare for your Newborn

## Bright by Three (BB3) - free

Bright by Three infant/toddler parenting packets are available at the PVH, MCR and GH UCHealth Lactation support groups. Call 970.495.7528 or 970.495.7500 for dates and times when a BB3 educator will be present at groups.

# Registration Information

Prenatal classes fill quickly! We recommend you register for classes and Parent Preview tours as soon as possible.

To register online, visit: [www.uchealth.org/events](http://www.uchealth.org/events)

Search: **childbirth** or name of class (**4 Week, Natural, Fast Track, Express, Breastfeeding Basics**) or **parent preview tour**

Select: city (**Loveland, Fort Collins or Greeley**)

You may also call **970.495.7500** to register or receive additional class information and assistance with Medicaid or CHP+ class discounts.

If you are unable to attend class, please call at least two days prior to your class to receive a refund. If minimum childbirth class enrollment is not met, the class could be canceled. We will make every attempt to transfer you into another childbirth class or offer a full refund. No children in classes please.

## Class Locations

**Fort Collins:** Westbridge Building, 1107 S. Lemay Ave., 1<sup>st</sup> Floor Conference Room, Fort Collins

**Loveland:** Medical Center of the Rockies (MCR), 2500 Rocky Mountain Ave., Loveland

**Greeley Hospital:** 6767 West 29<sup>th</sup> Street, Greeley, CO

## Tour Locations

**Poudre Valley Hospital (PVH):** 1024 S. Lemay Ave., Fort Collins

**Medical Center of the Rockies (MCR):** 2500 Rocky Mountain Ave., Loveland

**Greeley Hospital (GH):** 6767 West 29<sup>th</sup> Street, Greeley, CO

Learn more at [uchealth.org](http://uchealth.org)

