



# LABOR, DELIVERY & BEYOND

## 2021 SESSIONS

### WINTER SESSION

Jan. 11 & 18 & 25 @ SCMC  
Feb. 1 @ Ambulance Garage  
Feb. 8 @ MAES

### SPRING SESSION

April 12, 19 & 26 @ SCMC  
May 3 @ Ambulance Garage  
May 10 @ MAES

### SUMMER SESSION

July 19, 26 & Aug. 2 @ SCMC  
Aug. 9 @ Ambulance Garage  
Aug. 16 @ MAES

### FALL SESSION

Oct. 11, 18 & 25 @ SCMC  
Nov. 1 @ Ambulance Garage  
Nov. 8 @ MAES



scmcinc.org



## Preparing for childbirth & parenting

- Prenatal Health
- Fetal Development
- Stages of Labor
- Labor Techniques
- Comfort Measures
- C-Sections
- Baby Care
- Breastfeeding/Bottlefeeding
- Hospital Tour
- Child Development
- Parenting
- Carseat Safety
- CPR/AED (Adult, Child & Infant)

### CLASSES MONDAYS

6:30-8:30PM

SESSION FEE: \$35

Each session is 5 classes long

- Classes at SCMC meet in the multi-purpose room in the lower level.
- Classes at Ambulance Garage meet in Education & Training Room
- Classes at MAES meet at Elementary school in the ECFE room Pod A.

*These classes are brought to you by the Stevens County Family Service Collaborative which includes, Options for Women, SCMC, Stevens County Ambulance Service and Morris ECFE. If you would like further information or to register, please call **Diane Strobel at 320-585-2237.***

*No exclusions for inability to pay. You can also register online through Morris Community Education at [www.morris.k12.mn.us](http://www.morris.k12.mn.us) (go to Community Ed tab, click Online Registration and Labor Delivery class will be in the ECFE link.)*

### REGISTRATION FORM

Please complete this form and send it with your payment to:  
Morris ECFE, 153 S. Columbia Ave., Morris, MN 56267.  
Course No. 6421. Make check payable to Morris ECFE.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Baby's Due Date: \_\_\_\_\_ Phone: \_\_\_\_\_

Class Dates: \_\_\_\_\_ Fee \_\_\_\$35