



LABOR, DELIVERY & BEYOND

2022 SESSIONS

WINTER SESSION

Jan. 17 & 24 & 31 @ SCMC
Feb. 7 @ Ambulance Garage
Feb. 14 @ MAES

SPRING SESSION

April 11, 18 & 25 @ SCMC
May 2 @ Ambulance Garage
May 9 @ MAES

FALL SESSION

Sept 12, 19 & 26 @ SCMC
Oct. 3 @ Ambulance Garage
Oct. 10 @ MAES

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
6:00-8:00PM**

SESSION FEE: \$35^{per couple}

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** (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



scmcinc.org  

