



LABOR, DELIVERY & BEYOND

2023 SESSIONS

COMING UP:

WINTER SESSION

Jan. 16 & 23 @ SCMC

Jan. 30 @ MAES

Feb. 6 @ Ambulance Garage

Feb. 13 @ SCMC

SPRING SESSION

April 17, 24 & May 1 @ SCMC

May 8 @ Ambulance Garage

May 15 @ MAES

FALL SESSION

Sept 11, 18 & 25 @ SCMC

Oct. 2 @ Ambulance Garage

Oct. 9 @ MAES



scmcinc.org  



Preparing for childbirth & parenting

Prenatal Health

Mental Health *(before & after)*

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

6:00-8:30PM

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 tab at www.morris.k12.mn.us

Note: An interpreter will be available for this class.

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: _____ I need an interpreter

Fee \$35