

Additional Classes



CPR Course

Topics include choking, stroke, heart attack, sudden cardiac arrest, emergency action steps, airway management, rescue breathing, chest compressions, cardiopulmonary resuscitation (CPR), and AED use and operation.

After evaluating your knowledge and hands-on skills in accordance with Health and Safety Institute (HSI) program standards, your instructor will issue your CPR Certification Card.

COST

\$64 per person or \$125 per couple. Includes course, assessment, and 2-year certification card.

SCHEDULE

Saturdays: 9:00 am – 12:00 pm*

January 23	August 21
February 27	September 11
March 13	October 2
May 15	November 6
June 12	December 4

*Check MyMarinHealth.org/events for additional classes. We may add Saturday afternoon sessions if the morning classes fill up

LOCATION

MarinHealth Medical Center

Please email lorigarciacpr@comcast.net with any questions.

First Aid Course

First-aid emergencies covered include bleeding control; shock; soft-tissues injuries; bone, joint and muscle injuries; broken bones; medical emergencies; heat- and cold-related illnesses and injuries; seizures; poisoning; and more. After evaluating your knowledge and hands-on skills according to the Health and Safety Institute (HSI) program standard, your instructor will issue your First Aid Digital Certification Card.

COST

\$64 per person or \$125 per couple. Includes course, assessment, and 2-year certification card.

SCHEDULE

Saturdays: 12:00 pm – 2:30 pm.

January 23, February 27, May 15, August 21, November 6

LOCATION

MarinHealth Medical Center

Please email lorigarciacpr@comcast.net with any questions.

Mom's Support Group

This free, weekly ongoing group is an opportunity for moms and babies to connect face-to-face in a relaxed (online) environment to express the joys and concerns of being a new mother. We discuss a variety of topics including nursing, newborn care, parenting, and other common experiences.

Please call Lactation at 415-925-7522 with any questions

COST

Free.

SCHEDULE

Wednesdays: 11:00 am – 12:15 pm
Group meets on Teams
No class on 11/24/27



2027 Prenatal Education Classes



New babies bring a lot of changes, and not just the diaper kind! Our Childbirth and Infant Care classes can help parents get ready for their new arrival. In addition, these classes provide an opportunity to meet other new parents.

Classes offered include:

- Childbirth and Infant Care Series
- Child and Infant CPR
- Child and Infant First Aid
- Mom's Support Group

Register Now!
MyMarinHealth.org/PregnancyClasses

Childbirth and Infant Care Series



Our Childbirth and Infant Care classes prepare expectant couples for the physical and emotional changes that occur during pregnancy, delivery, and postpartum. These classes provide an overview of labor, teach you to care for your newborn, and help prepare you for the upcoming changes in your routine, emotions, and relationship. We recommend you register for classes mid-term in your pregnancy.

Class A – Childbirth

- Hospital pre-registration
- Overview of labor experience
- Birth preferences plan
- Basic anatomy and physiology (terms heard during labor)
- Stages of labor
- Relaxation techniques
- When to come to the hospital
- What to bring to the hospital

Class B – Childbirth

- Mind-body connection
- Role of labor support person
- Labor support practice
- Labor positions
- Breathing techniques
- Comfort measures
- Birth video
- Pain control options
- Hospital Tour

Class C – Childbirth

- Variations in labor and delivery
- Induction
- Fetal monitoring
- Operative vaginal delivery
- Cesarean birth
- Immediate postpartum care
- Birth video

Class D – Breastfeeding

- Benefits of breastfeeding for mom and baby
- Establishing breastfeeding and skin-to-skin contact
- Babies’ cues, latching on, feeding frequency
- Breastfeeding positions
- Partner’s role

Class E – Postpartum Expectations and Realities of New Parents

- Delivery to discharge
- Your physical and emotional changes
- Finding your new normal as new parents
- Recognizing postpartum depression and anxiety
- Community support services, including Pathways support group

Class F – Care of Your Newborn

- Bathing your baby
- First hours/days of your baby’s life
- Hospital routines
- Rashes, jaundice, crying
- Burping, swaddling, diaper care
- Comfort techniques for baby
- Newborn sleep
- Choosing your pediatrician

Series Details

All six classes run from 6:00 – 8:00 pm except for class B which will run from 6:00 – 8:30 pm to include a hospital tour.

We recommend taking the full series and offer the convenience of choosing A – F or D – F then A – C. You also have the option to enroll in only Childbirth OR Infant Care.

For questions about class content please call Lactation at 415-925-7522.

For registration questions please contact: Daniel.Sadowski@mymarinhealth.org.

For refund requests please contact: Kellen.Osbourn@mymaringhealth.org

COST

For the entire series (all six Childbirth and Infant Care classes) the cost is \$290 per couple. If taken separately, the Childbirth Series (A – C) is \$150 and the Infant Care Series (D – F) is \$150. Registration is required.

LOCATION

Classes are held at MarinHealth Medical Center. Room location may vary. Please arrive at the Main Lobby 15 minutes prior to the start of class for specific room location information.

Scan to Register



Register Now! Visit [MyMarinHealth.org/PregnancyClasses](https://www.marinhealth.org/pregnancyclasses).

SERIES	1	2	3	4	5	6	7	8
CHILDBIRTH								
Class A	1/6/27	2/17/27	3/31/27	5/12/27	6/23/27	8/4/27	9/15/27	10/27/27
Class B	1/13/27	2/24/27	4/7/27	5/19/27	6/30/27	8/11/27	9/22/27	11/3/27
Class C	1/20/27	3/3/27	4/14/27	5/26/27	7/7/27	8/18/27	9/29/27	11/10/27
INFANT CARE								
Class D	1/27/27	3/10/27	4/21/27	6/2/27	7/14/27	8/25/27	10/6/27	11/17/27
Class E	2/3/27	3/17/27	4/28/27	6/9/27	7/21/27	9/1/27	10/13/27	12/1/27*
Class F	2/10/27	3/24/27	5/5/27	6/16/27	7/28/27	9/8/27	10/20/27	12/8/27

*No class on 11/24 for the Thanksgiving holiday.



Free In-Person Tours

Come tour our state-of-the-art Mark & Stephanie Robinson Family Birth Center in our beautiful Oak Pavilion and learn more about delivering at MarinHealth Medical Center! Registration is required.

Please visit [MyMarinHealth.org/BirthCenterTour](https://www.marinhealth.org/birthcentertour) for details and to register.