



## Embracing Motherhood

## Empowering Families

## 2019 Schedule

### January 2019-

**Monday, January 7th:**

**5-7pm Session 1:** Prenatal Care

**7-9pm Session 3:** Labor and Delivery

**Monday, January 14th:**

**5-7pm Session 2:** Healthy Pregnancy

**7-9pm Session 5:** Infant Care

**Tuesday, January 22nd:**

**5-7pm Session 4:** Infant Feeding and Breastfeeding Basics

**7-9pm Session 6:** Postpartum and  
Interconception Care

### February 2019-

**Monday, February 4th:**

**5-7pm Session 3:** Labor and Delivery

**7-9pm Session 1:** Prenatal Care

**Monday, February 11th:**

**5-7pm Session 5:** Infant Care

**7-9pm Session 2:** Healthy Pregnancy

**Monday, February 18th:**

**5-7pm Session 6:** Postpartum and Interconception Care

**7-9pm Session 4:** Infant Feeding and Breastfeeding Basics

### March 2019-

**Monday, March 4th:**

**5-7pm Session 1:** Prenatal Care

**7-9pm Session 3:** Labor and Delivery

**Monday, March 11th:**

**5-7pm Session 2:** Healthy Pregnancy

**7-9pm Session 5:** Infant Care

**Monday, March 18th:**

**5-7pm Session 4:** Infant Feeding and Breastfeeding basics

**7-9pm Session 6:** Postpartum and Interconception Care



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### **April 2019-**

**Monday, April 1st:**

**5-7pm Session 3:** Labor and Delivery

**7-9pm Session 1:** Prenatal Care

**Monday, April 8th:**

**5-7pm Session 5:** Infant Care

**7-9pm Session 2:** Healthy Pregnancy

**Monday, April 15th:**

**5-7pm Session 6:** Postpartum and Interconception Care

**7-9pm Session 4:** Infant Feeding and Breastfeeding Basics

### **May 2019-**

**Monday, May 6th:**

**5-7pm Session 1:** Prenatal Care

**7-9pm Session 3:** Labor and Delivery

**Monday, May 13th:**

**5-7pm Session 2:** Healthy Pregnancy

**7-9pm Session 5:** Infant Care

**Monday, May 20th:**

**5-7pm Session 4:** Infant Feeding and Breastfeeding basics

**7-9pm Session 6:** Postpartum and Interconception Care

### **June 2019-**

**Monday, June 3rd:**

**5-7pm Session 3:** Labor and Delivery

**7-9pm Session 1:** Prenatal Care

**Monday, June 10th:**

**5-7pm Session 5:** Infant Care

**7-9pm Session 2:** Healthy Pregnancy

**Monday, June 17th:**

**5-7pm Session 6:** Postpartum and  
Interconception Care

**7-9pm Session 4:** Infant Feeding and Breastfeeding Basics



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### July 2019-

**Monday, July 1st:**

**5-7pm Session 1:** Prenatal Care

**7-9pm Session 3:** Labor and Delivery

**Monday, July 8th:**

**5-7pm Session 2:** Healthy Pregnancy

**7-9pm Session 5:** Infant Care

**Monday, July 15th:**

**5-7pm Session 4:** Infant Feeding and Breastfeeding basics

**7-9pm Session 6:** Postpartum and Interconception Care

### August 2019-

**Monday, August 5th:**

**5-7pm Session 3:** Labor and Delivery

**7-9pm Session 1:** Prenatal Care

**Monday, August 12th:**

**5-7pm Session 5:** Infant Care

**7-9pm Session 2:** Healthy Pregnancy

**Monday, August 19th:**

**5-7pm Session 6:** Postpartum and  
Interconception Care

**7-9pm Session 4:** Infant Feeding and Breastfeeding Basics

### September 2019-

**Tuesday, September 3rd:**

**5-7pm Session 1:** Prenatal Care

**7-9pm Session 3:** Labor and Delivery

**Monday, September 9th:**

**5-7pm Session 2:** Healthy Pregnancy

**7-9pm Session 5:** Infant Care

**Monday, September 16th:**

**5-7pm Session 4:** Infant Feeding and Breastfeeding basics

**7-9pm Session 6:** Postpartum and Interconception Care



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## 2019 Schedule

### *October 2019-*

**Monday, October 7th:**

**5-7pm Session 3:** Labor and Delivery

**7-9pm Session 1:** Prenatal Care

**Monday, October 14th:**

**5-7pm Session 5:** Infant Care

**7-9pm Session 2:** Healthy Pregnancy

**Monday, October 21st:**

**5-7pm Session 6:** Postpartum and  
Interconception Care

**7-9pm Session 4:** Infant Feeding and Breastfeeding Basics

### *November 2019-*

**Monday, November 4th:**

**5-7pm Session 1:** Prenatal Care

**7-9pm Session 3:** Labor and Delivery

**Tuesday, November 12th:**

**5-7pm Session 2:** Healthy Pregnancy

**7-9pm Session 5:** Infant Care

**Monday, November 18th:**

**5-7pm Session 4:** Infant Feeding and Breastfeeding basics

**7-9pm Session 6:** Postpartum and Interconception Care

### *December 2019-*

**Monday, December 2nd:**

**5-7pm Session 3:** Labor and Delivery

**7-9pm Session 1:** Prenatal Care

**Monday, December 9th:**

**5-7pm Session 5:** Infant Care

**7-9pm Session 2:** Healthy Pregnancy

**Monday, December 16th:**

**5-7pm Session 6:** Postpartum and  
Interconception Care

**7-9pm Session 4:** Infant Feeding and Breastfeeding Basics