BREASTFEEDING CLASS

THE BIRTH CENTER IS NOW OFFERING VIRTUAL BREASTFEEDING CLASSES MONTHLY ON MONDAY EVENINGS.

How does it work?
A NVH breastfeeding class instructor will be hosting a virtual online class that has a complimentary folder of learning materials that accompanies it. Ideally, you will have the folder prior to taking the class. Class begins at 6PM.

How do I register?
1. Pick up a childbirth education folder that is put together by the instructors at NVH. You can do this in a variety of ways: pick one up from your provider if you go to Alpine Women’s Center, Heart and Hands, or The Professional Center. OR email birthcenterclasses@nvhosp.org to arrange a pick up at the hospital or to have one mailed to you.
2. Select the class that you would like to attend from the listed options, with the intention that you will be able to pick up your folder prior to the class. Then email birthcenterclasses@nvhosp.org to let us know which one you would like to sign up for. You will then receive an email zoom meeting invite.
3. Join your scheduled class for the date and time you registered for by following the zoom link that you received by email.

2020 BREASTFEEDING CLASS DATES:

July 13th     October 12th
August 10th   November 9th
September 14th December 14th

All classes are offered as zoom meetings. You will receive a secure invite with an ID and password once you email us with the class date that you would like to attend. Classes begin at 6PM. If no one has joined by 6:15PM, the zoom meeting will end. The length of the class will depend on the amount of participants and topics being discussed, but no class will go longer than 2 hours.

VISIT THE NORTH VALLEY HOSPITAL WEBSITE FOR
A VIRTUAL BIRTH CENTER TOUR
PRENATAL VIRTUAL CLASS FAQs PAGE
BIRTH CENTER SERVICES

www.krh.org/nvh