

GENESIS Childbirth Class

Prepare for Childbirth

Break the cycle of fear, tension, and pain.

- ◆ Learn when to go to the hospital
- ◆ Talk about the four stages of labor, what labor is like, and how to make it easier
- ◆ Discuss available pain medications and how to use them
- ◆ Practice relaxation and breathing techniques
- ◆ Hear about breastfeeding basics and how to get through the first days
- ◆ Meet other teen parents

Snacks will be provided

2008 Class Schedule

Boulder Classes

Boulder GENESIS Building
Baltic Room
3:00 - 5:00

January 23rd
March 26th
May 28th
July 23rd
September 24th (*Admin building*)
November 26th

Longmont Classes

Longmont GENESIS Building
2nd Floor
1:30 - 3:30

February 27th
April 23rd
June 25th
August 27th
October 22nd

Please call your parent educator to let her know that you are coming!

Elia	303.678.6146	Laura	303.678.6159
Irma	303.678.6128	Danelle	303.413.7512
Patty	303.413.7542	Wakenda	303.413.7513
Lisa	303.413.7543	Kristi	303.678.6145
Meg	303.678.6257	Teri	303.678.6169

