

Prenatal Education Opportunities

Childbirth Education

Description: This class is for women and their labor support partner(s). Topics include: changes in pregnancy, the birthing process, preparation/planning for labor and delivery, postpartum care and breastfeeding. We will also discuss different relaxation/breathing techniques, pain medication and epidural use for coping with labor. Includes a tour of Maternal Child Unit.

Location: GCRMC Conference rooms

Frequency: Once a month. Call (575) 443-7640 for dates and times Minimal Fee

Breastfeeding Basics

Description: The Why and How of Breastfeeding. Tips on how to make breastfeeding “work” for you. Offered by our lactation specialist.

Location: GCRMC Conference rooms

Frequency: One Saturday a month for 2 hours. Call (575) 443-7640 for dates and times

Sibling class

Description: For the future big sister or big brother, how will they adjust to the new baby.

Location: GCRMC Conference rooms

Frequency: Class offered on an as needed basis. Call (575) 443-7640 to schedule a class.