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.