

CENTERING

1 DAY: Choose one class.

Saturday, January 11	9am - 2pm
Saturday, February 8	11am-4pm
Saturday, March 8	9am-2pm
Saturday, April 12	11am-4pm
Saturday, May 10	9am-2pm
Saturday, July 12	9am-2pm
Saturday, August 9	11am-4pm
Saturday, September 13	9am-2pm
Saturday, October 11	11am-4pm
Saturday, November 8	9am-2pm
Saturday, December 13	11am-4pm

2 DAY: Choose one series. All **5:30pm - 8pm**

Tuesday, Feb. 11	Tuesday, August 12
Wednesday, Feb. 12	Wednesday, August 13

Tuesday, April 8	Tuesday, October 21
Wednesday, April 9	Wednesday, October 22

Tuesday, June 24	Tuesday, December 2
Wednesday, June 25	Wednesday, December 3

COMPLETELY COVERED

Choose one 4-week series. All **6:00pm - 8:00pm**

Tuesday, Jan. 7	Tuesday, March 4	Tuesday, May 6	Tuesday, July 1	Tuesday, Sep. 2	Tuesday, Nov. 4
Tuesday, Jan. 14	Tuesday, March 11	Tuesday, May 13	Tuesday, July 8	Tuesday, Sep. 9	Tuesday, Nov. 11
Tuesday, Jan. 21	Tuesday, March 18	Tuesday, May 20	Tuesday, July 15	Tuesday, Sep. 16	Tuesday, Nov. 18
Tuesday, Jan. 28	Tuesday, March 25	Tuesday, May 27	Tuesday, July 22	Tuesday, Sep. 23	Tuesday, Nov. 25

COMFORT & COPING

Choose one class. All **5:30pm - 7:30pm**

February 18	April 22	June 10	August 19	October 7	December 9
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Centering Class (1 and 2 day options)

Centering Class covers the essentials of labor and birth, helping you prepare for a positive and informed experience. Perfect for first-time parents or those looking for a refresher.

5 hours total.

\$150 for birth center clients | \$250 for non-clients

Completely Covered Class

This comprehensive birth class dives deeper into the labor and birth process, exploring coping techniques, partner support strategies, and decision-making tools for every stage. Designed for parents seeking a thorough understanding of childbirth and how to create a personalized birth plan.

8 hours total.

\$150 for birth center clients | \$250 for non-clients

Comfort and Coping Class

Comfort and Coping Class is a 2-hour session designed for people who have birthed before, and are now interested in exploring unmedicated birth options. This class covers hands-on comfort measures and effective coping techniques, helping you feel confident and prepared for your next birth experience.

2 hours total.

\$50 for birth center clients | \$75 for non-clients

How Do I Sign Up?

To sign up for a childbirth education class or learn more, please call 815-525-4304 or email mflanagan@beloithealthsystem.org.