

# PRENATAL TOUR AND CLASS SCHEDULE

Preparing to have your baby

**January 2020 – January 2021**

At Denver Health, we are honored and privileged to be part of this special journey in your life. Don't miss these opportunities to learn about labor, delivery and caring for your baby.

Unless noted otherwise, tours and classes are in English and will be held at:

**Denver Health, Pavilion C**

**Classrooms are in the basement**

**790 Delaware St. | Denver, CO 80204**

**303-602-5526 | [info4moms2be@dhha.org](mailto:info4moms2be@dhha.org)**



**DENVER  
HEALTH™**

— est. 1860 —

**FOR LIFE'S JOURNEY**

Pregnancy and  
Childbirth Services  
at Denver Health

**[DenverHealth.org/Pregnancy](https://denverhealth.org/Pregnancy)**

# TOUR INFORMATION

## HOSPITAL TOUR

*No appointment needed for regularly scheduled tours*

Tour Denver Health's beautiful, private labor and delivery suites with whirlpool tubs. Meet your guide in the first floor lobby of Pavilion C (790 Delaware St.) five minutes before the tour.

**STARTING AT NOON EVERY MONDAY, TUESDAY, THURSDAY AND SATURDAY**

TOURS THE FIRST AND SECOND WEDNESDAY OF THE MONTH AT 5:30 P.M.	TOURS IN SPANISH ON THE FOLLOWING SATURDAYS AT 1:00 P.M.	<b>NO TOURS ON FRIDAYS, SUNDAYS AND THE FOLLOWING HOLIDAYS AND HOLIDAY WEEKENDS</b>
JANUARY 8 FEBRUARY 5, 12 MARCH 4, 11 APRIL 1, 8 MAY 6, 13 JUNE 3, 10 JULY 1, 8 AUGUST 5, 12 SEPTEMBER 2, 9 OCTOBER 7, 14 NOVEMBER 4, 11 DECEMBER 2, 9 JANUARY 6, 13 (2021)	JANUARY 25 FEBRUARY 22 MARCH 28 APRIL 25 MAY 16 JUNE 27 JULY 25 AUGUST 22 SEPTEMBER 26 OCTOBER 24 NOVEMBER 21 DECEMBER 19 JANUARY 23 (2021)	JANUARY 1, 20 MAY 25 JULY 4 SEPTEMBER 7 NOVEMBER 26 DECEMBER 25 JANUARY 1, 18 (2021)

*If you are unable to attend a scheduled tour in Spanish and would like to schedule another time, please email us at [info4moms2be@dhha.org](mailto:info4moms2be@dhha.org) or call **303-602-5526** and leave a message. Tours in languages other than English or Spanish must be scheduled in advance.*

## INFORMATION ABOUT CLASSES

Classes are free for patients receiving prenatal care at Denver Health. If you would like to attend a class and are not a Denver Health patient, please email [info4moms2be@dhha.org](mailto:info4moms2be@dhha.org).

We recommend that you participate in classes during your third trimester. Your support person, dad or partner is welcome to attend class. No children please.

You must pre-register for ALL classes. To register, visit [DenverHealth.org/Pregnancy](https://denverhealth.org/Pregnancy). If you have difficulty registering online, call **303-602-5526** or email [info4moms2be@dhha.org](mailto:info4moms2be@dhha.org). Email and phone messages are answered during business hours, Monday through Friday from 8 A.M. to 4 P.M.

Please make sure your email address is correctly entered when you register. We will contact you via email regarding any class schedule changes such as bad weather. Classes may be canceled if we do not have a minimum number of registrations.

If you are unable to attend a class, please contact us at least 48 hours before your scheduled class. Your future class registrations will be CANCELED if you register for a class, do not attend and do not notify us. Class registration changes can be made online, by email ([info4moms2be@dhha.org](mailto:info4moms2be@dhha.org)) or by calling **303-602-5526**.

**Be sure to check [DenverHealth.org/Pregnancy](https://denverhealth.org/Pregnancy) regularly for updated information about tours, classes and events and remember to pre-register for all classes.**

## CLASS DESCRIPTIONS

### CHILDBIRTH CLASS

*(ONE SESSION)*

Preparing to have a baby can feel exciting and overwhelming all at once. This condensed three-hour class will help you plan for your big day. You will learn to recognize when you are in labor, what to expect during labor at the hospital, and how to manage labor. Your labor support person is welcome to attend class with you.

### NEWBORN CARE CLASS

*(ONE SESSION)*

Ideal for first-time expectant parents, this class will help you and your partner become more comfortable and confident parents with helpful hints, activities and information you can use. You'll learn about newborn appearance, what to expect in the first few hours, nutrition, newborn behavior, daily care, baby safety and when to call for help. Partners or fathers are encouraged to attend this class with mom.

### BOOT CAMP FOR NEW MOMS®

*(ONE SESSION)*

Boot Camp is a unique workshop where first-time moms get advice and insights from real new moms. You'll hear how women manage the challenges many new moms face. The workshop offers a no-guilt, no judgment place to discuss how to raise your baby. FOR EXPECTANT MOMS ONLY.

### BECOMING A MOM AT MONTBELLO FAMILY HEALTH CENTER | *(10 SESSIONS)*

In collaboration with March of Dimes, Becoming a Mom group prenatal care is offered at:

#### Montbello Family Health Center

12600 Albrook Dr. | Denver, CO 80239

### PRENATAL BREASTFEEDING CLASS

*(ONE SESSION)*

Instructed by one of Denver Health's International Board Certified Lactation Consultants, this 90 minute class will help you prepare for breastfeeding prior to delivery so you can achieve the best breastfeeding experience for you and your baby.

### CPR CLASS FOR MOM AND PARTNER

*(ONE SESSION)*

The American Heart Association's **Family & Friends® CPR** Course teaches the lifesaving skills of adult Hands-Only CPR, adult CPR with breaths, child CPR with breaths, adult and child AED use, infant CPR, and mild and severe airway block for adults, children, and infants. Skills are taught in a dynamic group environment using the AHA's research-proven practice-while-watching technique, which provides students with the most hands-on CPR practice time possible.

### BOOT CAMP FOR NEW DADS®

*(ONE SESSION)*

Become inspired and learn what to expect in this workshop where you'll meet real fathers and their babies. Get advice on supporting your partner and tips on confidently caring for your newborn. Boot Camp is top-rated by Denver Health first-time fathers. FOR EXPECTANT DADS ONLY.

To register visit [DenverHealth.org/Pregnancy](https://denverhealth.org/Pregnancy).

For more information and assistance, email

[info4moms2be@dhha.org](mailto:info4moms2be@dhha.org) or call **303-602-5526**.

# WALK-IN CLASSES FOR DENVER RESIDENTS

REGISTRATION IS NOT REQUIRED FOR THESE OFFERINGS.

## WIC PRENATAL BREASTFEEDING CLASSES IN ENGLISH AND SPANISH

WIC classes are free and open to all Denver City and County residents. They are offered at the following locations:

- Bernard F. Gipson Sr. Eastside Family Health Center
- Lowry Family Health Center
- Montbello Family Health Center
- Federico F. Peña Southwest Family Health Center
- Sam Sandos Westside Family Health Center

Go to [DenverHealth.org/Lactation](https://www.denverhealth.org/Lactation) or call **303-602-6550** for days and times.

## LA LECHE LEAGUE OF DENVER COMMUNITY BREASTFEEDING SUPPORT GROUPS IN ENGLISH AND SPANISH

Classes are held at Denver Health sites.

For more information, visit [lldofdenvercommunity.org](https://www.lldofdenvercommunity.org) or call **720-838-5242**.

# DENVER HEALTH PRENATAL CLASS SCHEDULE

<b>JAN.</b>	<b>1/4/20   9 A.M. - NOON</b> Newborn Care Class Hospital Tour at Noon	<b>MAR.</b>	<b>3/4/20   6:30 P.M. - 8 P.M.</b> Prenatal Breastfeeding Class Hospital Tour at 5:30 P.M.	<b>MAY</b>	<b>5/2/20   9 A.M. - NOON</b> Newborn Care Class Hospital Tour at Noon
	<b>1/8/20   6:30 P.M. - 8 P.M.</b> Prenatal Breastfeeding Class Hospital Tour at 5:30 P.M.		<b>3/7/20   9 A.M. - NOON</b> Newborn Care Class Hospital Tour at Noon		<b>5/2/20   9 A.M. - NOON</b> ChildBirth Class Hospital Tour at Noon
	<b>1/11/20   9 A.M. - NOON</b> Childbirth Class Hospital Tour at Noon		<b>3/14/20   9 A.M. - NOON</b> Childbirth Class Hospital Tour at Noon		<b>5/13/20   6:30 P.M. - 8 P.M.</b> Prenatal Breastfeeding Class Hospital Tour at 5:30 P.M.
	<b>1/18/20   9 A.M. - 11 A.M.</b> CPR Class for Mom and Partner Hospital Tour at Noon		<b>3/21/20   9 A.M. - 11 A.M.</b> CPR Class for Mom and Partner Hospital Tour at Noon		<b>5/16/20   9 A.M. - 11 A.M.</b> CPR Class for Mom and Partner Hospital Tour at Noon
	<b>1/25/20   9 A.M. - NOON</b> Boot Camp for New Moms® Boot Camp for New Dads® Hospital Tour at Noon		<b>3/28/20   11:30 A.M. - 1 P.M.</b> Spanish Breastfeeding Spanish Hospital Tour at 1 P.M.		<b>5/16/20   10 A.M. - 1 P.M.</b> Spanish Newborn Class Spanish Hospital Tour at 1 P.M.
<b>1/25/20   10 A.M. - 1 P.M.</b> Spanish Childbirth Class Spanish Hospital Tour at 1 P.M.	<b>3/28/20   9 A.M. - NOON</b> Boot Camp for New Moms® Boot Camp for New Dads® Hospital Tour at Noon	<b>JUNE</b>	<b>6/10/20   6:30 P.M. - 8 P.M.</b> Prenatal Breastfeeding Class Hospital Tour at 5:30 P.M.		
<b>FEB.</b>	<b>2/1/20   9 A.M. - NOON</b> Newborn Care Class Hospital Tour at Noon		<b>6/13/20   9 A.M. - NOON</b> Childbirth Class Hospital Tour at Noon		
	<b>2/5/20   6:30 P.M. - 8 P.M.</b> Prenatal Breastfeeding Class Hospital Tour at 5:30 P.M.		<b>6/13/20   9 A.M. - NOON</b> Newborn Care Class Hospital Tour at Noon		
	<b>2/8/20   9 A.M. - NOON</b> Childbirth Class Hospital Tour at Noon		<b>6/20/20   9 A.M. - 11 A.M.</b> CPR Class for Mom and Partner Hospital Tour at Noon		
	<b>2/15/20   9 A.M. - 11 A.M.</b> CPR Class for Mom and Partner Hospital Tour at Noon		<b>6/27/20   9 A.M. - NOON</b> Boot Camp for New Moms® Boot Camp for New Dads® Hospital Tour at Noon		
	<b>2/22/20   10 A.M. - 1 P.M.</b> Spanish Newborn Care Class Hospital Tour at Noon Spanish Hospital Tour at 1 P.M.	<b>4/1/20   6:30 P.M. - 8 P.M.</b> Prenatal Breastfeeding Class Hospital Tour at 5:30 P.M.	<b>6/27/20   11:30 A.M. - 1 P.M.</b> Spanish Breastfeeding Spanish Hospital Tour at 1 P.M.		
<b>APR.</b>	<b>4/4/20   9 A.M. - NOON</b> Newborn Care Class Hospital Tour at Noon	<b>4/11/20   9 A.M. - NOON</b> ChildBirth Class Hospital Tour at Noon			
	<b>4/11/20   9 A.M. - NOON</b> ChildBirth Class Hospital Tour at Noon	<b>4/18/20   9 A.M. - 11 A.M.</b> CPR Class for Mom and Partner Hospital Tour at Noon			
	<b>4/18/20   9 A.M. - 11 A.M.</b> CPR Class for Mom and Partner Hospital Tour at Noon	<b>4/25/20   10 A.M. - 1 P.M.</b> Spanish Childbirth Class Hospital Tour at Noon Spanish Hospital Tour at 1 P.M.			





## JULY

**7/11/20 | 6:30 P.M. - 8 P.M.**  
Prenatal Breastfeeding Class  
Hospital Tour at 5:30 P.M.

**7/11/20 | 9 A.M. - NOON**  
Newborn Care Class  
Hospital Tour at Noon

**7/11/20 | 9 A.M. - NOON**  
ChildBirth Class  
Hospital Tour at Noon

**7/18/20 | 9 A.M. - 11 A.M.**  
CPR Class for Mom & Partner  
Hospital Tour at Noon

**7/25/20 | 9 A.M. - NOON**  
Boot Camp for New Moms®  
Boot Camp for New Dads®  
Hospital Tour at Noon

**7/25/20 | 10 A.M. - 1 P.M.**  
Spanish Childbirth Class  
Spanish Hospital Tour at 1 P.M.

## AUG.

**8/1/20 | 9 A.M. - NOON**  
Newborn Care Class  
Hospital Tour at Noon

**8/5/20 | 6:30 P.M. - 8 P.M.**  
Prenatal Breastfeeding Class  
Hospital Tour at 5:30 P.M.

**8/8/20 | 9 A.M. - NOON**  
Childbirth Class  
Hospital Tour at Noon

**8/15/20 | 9 A.M. - 11 A.M.**  
CPR Class for Mom & Partner  
Hospital Tour at Noon

**8/15/20 | 10 A.M. - 1 P.M.**  
Spanish Newborn Class  
Spanish Hospital Tour at 1 P.M.

## SEP.

**9/2/20 | 6:30 P.M. - 8 P.M.**  
Prenatal Breastfeeding Class  
Hospital Tour at 5:30 P.M.

**9/12/20 | 9 A.M. - NOON**  
Newborn Care Class  
Hospital Tour at Noon

**9/12/20 | 9 A.M. - NOON**  
ChildBirth Class  
Hospital Tour at Noon

**9/19/20 | 9 A.M. - 11 A.M.**  
CPR Class for Mom and Partner  
Hospital Tour at Noon

**9/26/20 | 9 A.M. - NOON**  
Boot Camp for New Moms®  
Boot Camp for New Dads®  
Hospital Tour at Noon

**9/26/20 | 11:30 A.M. - 1 P.M.**  
Spanish Breastfeeding  
Spanish Hospital Tour at 1 P.M.

## OCT.

**10/3/20 | 9:00 A.M. - NOON**  
Newborn Care Class  
Hospital Tour at Noon

**10/7/20 | 6:30 P.M. - 8 P.M.**  
Prenatal Breastfeeding Class  
Hospital Tour at 5:30 P.M.

**10/10/20 | 9 A.M. - NOON**  
Childbirth Class  
Hospital Tour at Noon

**10/17/20 | 9 A.M. - 11 A.M.**  
CPR Class for Mom and Partner  
Hospital Tour at Noon

**10/24/20 | 10 A.M. - 1 P.M.**  
Spanish Childbirth Class  
Spanish Hospital Tour at 1 P.M.

## NOV.

**11/4/20 | 6:30 P.M. - 8 P.M.**  
Prenatal Breastfeeding Class  
Hospital Tour at 5:30 P.M.

**11/7/20 | 9 A.M. - NOON**  
Newborn Care Class  
Hospital Tour at Noon

**11/14/20 | 9 A.M. - NOON**  
Childbirth Class  
Hospital Tour at Noon

**11/14/20 | 9 A.M. - NOON**  
Boot Camp for New Moms®  
Boot Camp for New Dads®  
Hospital Tour at Noon

**11/21/20 | 9 A.M. - 11 A.M.**  
CPR Class for Mom and Partner  
Hospital Tour at Noon

**11/21/20 | 10 A.M. - 1 P.M.**  
Spanish Newborn Class  
Spanish Hospital Tour at 1 P.M.

## DEC.

**12/2/20 | 6:30 P.M. - 8 P.M.**  
Breastfeeding Class  
Hospital Tour at 5:30 P.M.

**12/5/20 | 9 A.M. - NOON**  
Newborn Care Class  
Hospital Tour at Noon

**12/12/20 | 9 A.M. - NOON**  
Childbirth Class  
Hospital Tour at Noon

**12/19/20 | 9 A.M. - 11 A.M.**  
CPR Class for Mom and Partner  
Hospital Tour at Noon

**12/19/20 | 11:30 A.M. - 1 P.M.**  
Spanish Breastfeeding  
Spanish Hospital Tour at 1 P.M.



