



# LABOR, DELIVERY & BEYOND

## FALL SESSION

Sept. 28, Oct. 5 & 12  
@ SCMC

Oct. 19  
@ Ambulance Garage

Oct. 26  
@ MAES

*Masks and social distancing will be required.*

### Preparing for childbirth & parenting

- Prenatal Health
- Fetal Development
- Stages of Labor
- Labor Techniques
- Comfort Measures
- C-Sections
- Baby Care
- Breastfeeding/Bottlefeeding
- Hospital Tour
- Child Development
- Parenting
- Carseat Safety
- CPR/AED (Adult, Child & Infant)

### CLASSES MONDAYS

6:30-8:30PM

SESSION FEE: \$35

Each session is 5 classes long

- Classes at SCMC meet in the multi-purpose room in the lower level.
- Classes at Ambulance Garage meet in Education & Training Room
- Classes at MAES meet at Elementary school in the ECFE room Pod A.

*These classes are brought to you by the Stevens County Family Service Collaborative which includes, Options for Women, SCMC, Stevens County Ambulance Service and Morris ECFE. If you would like further information or to register, please call **Diane Strobel** at **320-585-2237**.*

*No exclusions for inability to pay. You can also register online through Morris Community Education at [www.morris.k12.mn.us](http://www.morris.k12.mn.us) (go to Community Ed tab, click Online Registration and Labor Delivery class will be in the ECFE link.)*

### REGISTRATION FORM

Please complete this form and send it with your payment to:  
Morris ECFE, 153 S. Columbia Ave., Morris, MN 56267.  
Course No. 6421. Make check payable to Morris ECFE.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Baby's Due Date: \_\_\_\_\_ Phone: \_\_\_\_\_

Class Dates: \_\_\_\_\_ Fee \_\_\_\$35

[scmcinc.org](http://scmcinc.org)

