



# 2019



## LABOR, DELIVERY & BEYOND

*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
- Adult, Child & Infant CPR/AED

**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 MAES meet at Elementary school in the ECFE room Pod A.

**UPCOMING**  
**2019 SESSIONS**

### FALL SESSION

Sept. 30, Oct. 7 & 14 @ SCMC

Oct. 21 & 28 @ MAES

*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.*

### 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: \_\_\_\_\_

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

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

