

2016

EXPECTANT PARENT CLASSES

Here is a list of Expectant Parent Classes offered in our area. These classes are designed for women in their last 3-4 months of pregnancy and focus mainly on preparation for birth and infant care. Please call one of the Countryside Public Health offices if you have any questions or concerns: Benson (320) 843-4546 Granite Falls (320) 564-3010 Madison (320) 598-7313 Montevideo (320) 269-2174 Ortonville (320) 839-6135.

CANBY - Classes will be scheduled as needed. Call Sanford Canby Medical Center 507-223-7277 Ext 338 to register, or email Crystal Birkholz at Crystal.Birkholz@sanfordhealth.org.

GRANITE FALLS - Classes are held from 9:00-12:00 in the Professional Building, 1265 6th St. GF (building behind DQ) and are free of charge to those delivering at the Granite Falls Hospital, otherwise a \$40 fee is charged. 2016 classes are offered in March, June and October. Register online through the Granite Falls Municipal Hospital Hospital website @ www.granitefallshealthcare.com, or e-mail kristin.canatsey@granitefallshealthcare.com.

MONTEVIDEO - Classes are held every other month starting in January. They run from 6:30-9:30pm twice a week for 2 weeks at the Chippewa County-Montevideo Hospital. Customized classes are also available on breastfeeding, c-section and a one session review for returning parents. Call Cindy Jurgenson at 320-321-8207 or the Montevideo Medical Clinic at 320-269-6435 to register. Classes are free. For special requests, please call Wendy Augeson at CCMH at (320) 321-8194.

ORTONVILLE - Classes are held at the Ortonville Hospital in January, May, and September. They run 3 classes per session, from 6:00-8:30pm. To register call Maria Botker at the Ortonville Hospital 320-839-4025. Class is free OR \$30 if not delivering at Ortonville Hospital.

WILLMAR - Classes are offered by Rice Memorial Hospital and Kandiyohi County Public Health. Please contact your local Public Health Nurse or Kandiyohi County Public Health at (320) 231-7800 for dates/times of classes or www.nicehospital.com or Rice Education at 320-231-4420.

MARSHALL - Avera Marshall Regional Medical Center offers an educational program for parents-to-be. This includes classes covering pregnancy, labor, delivery and baby care. Contact Organizational Learning Department at 507-537-9238 and ask for Kim. E-mail address is: kimberlie.abraham@avera.org.

GLENWOOD - This class is open to all of our expectant parents-not just first time moms. The fee for both sessions is \$20, but it's waived if you're delivering at Glacial Ridge Hospital. Call Jamie Boelke, RN at 320-634-4521 to register.

MORRIS - Labor and Delivery classes are offered through Morris Area Community Education. Registration information can be found on the school website, www.morris.k12.mn.us, using the Community Ed link from the top of the page and searching for "labor". For more information, please call Diane Strobel at 320-585-2237. Upcoming classes begin January 18, 2016 and March 21, 2016.

