



# PRENATAL CLASS & TOUR INFORMATION

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Preparing to have your baby

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**February 2023 - January 2024**

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**  
**790 Delaware St. | Denver, CO 80204**  
**303-602-9000 | [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

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## HOSPITAL TOUR

*All patients wishing to participate in a hospital tour must register. Email [info4moms2be@dhha.org](mailto:info4moms2be@dhha.org) for information on hospital tours or to sign up.*

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.



## 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 **303-602-9000** 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. Classes can be changed to a virtual class at any time.

If you are unable to attend a class, please contact us at least 48 hours before your scheduled class. Class registration changes can be made by emailing [info4moms2be@dhha.org](mailto:info4moms2be@dhha.org).

**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 tours and 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) or scan the QR code below.



For more information and assistance, email [info4moms2be@dhha.org](mailto:info4moms2be@dhha.org) or call **303-602-9000**.

## 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

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

For more information, visit [llofdenvercommunity.org](https://llofdenvercommunity.org) or call **720-352-8871**.

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