

Family Education and Resource Center

CLASS STARTING DATES January through June 2019

Childbirth Preparation Class

	January	February	March	April	May	June
Three-Week Series Monday evenings 6:30 pm to 9:30 pm	1/7/19 Mon	2/4/19 Mon	3/11/19 Mon	4/8/19 Mon	5/6/19 Mon	6/3/19 Mon
Weekend Express Saturday and Sunday 9:00 am to 2:00 pm	1/26/19 Sat	2/23/19 Sat	3/23/19 Sat	4/27/19 Sat	-	6/22/19 Sat
One Day Class Saturday: 9:00 am to 12 pm Friday: 6:00 pm to 9:00 pm Thursday: 6:00 pm to 9:00 pm *Chino Hills - Pomona Valley Health Center 2140 Grand Ave., Chino Hills	1/5/19 Sat 1/18/19 Fri *1/31/19 Thu	2/2/19 Sat 2/15/19 Fri *2/28/19 Thu	3/2/19 Sat 3/15/19 Fri *3/28/19 Thu	4/6/19 Sat 4/19/19 Fri *4/25/19 Thu	5/4/19 Sat 5/17/19 Fri *5/30/19 Thu	6/1/19 Sat 6/14/19 Fri *6/27/19 Thu

Baby Express

	January	February	March	April	May	June
Saturday: 9:00 am to 12 pm Thursday: 6:30 pm to 9:30 pm	1/12/19 Sat	2/9/19 Sat 2/21/19 Thu	3/9/19 Sat	4/13/19 Sat 4/18/19 Thu	5/11/19 Sat	6/8/19 Sat 6/20/19 Thu

Lactation Center Hours:	Monday 9 am - 12 pm	Tuesday 12 pm - 3 pm	Wednesday 12 pm - 3 pm	Thursday 9 am - 12 pm	Friday 9 am - 12 pm
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Pre-registration and payment are required for all classes

Call 909.865.9858


Monday and Friday 8:30 am to 5:00 pm

Tuesday – Thursday 8:30 am to 7:30 pm



MEDICAL CENTER
WOMEN'S AND CHILDREN'S SERVICES

Expert care with a personal touch

More classes on
the other side 

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	January	February	March	April	May	June
Boot Camp for Dads Saturday: 9:00 am to Noon \$20 each	1/12/19 Sat	2/9/19 Sat	3/9/19 Sat	4/13/19 Sat	5/11/19 Sat	6/8/19 Sat
Dadvice 6:30 pm to 8:00 pm Free	Second & fourth Monday	Second & fourth Monday	Second & fourth Monday	Second & fourth Monday	Second Monday	Second & fourth Monday
Breastfeeding Class Thursday: 6:30 pm to 8:30 pm \$20 couple	1/10/19 Thu 1/24/19 Thu	2/7/19 Thu	3/14/19 Thu 3/21/19 Thu	4/11/19 Thu	5/9/19 Thu 5/23/19 Thu	6/13/19 Thu
Cesarean Birth Preparation Wednesday: 12:00 pm to 1:30 pm \$20 couple	1/9/19 Wed	2/13/19 Wed	3/13/19 Wed	4/10/19 Wed	5/8/19 Wed	6/12/19 Wed
Family and Friends CPR Saturday: 9:00 am to Noon \$20 each	1/5/19 Sat	2/2/19 Sat	3/2/19 Sat	4/6/19 Sat	5/4/19 Sat	6/1/19 Sat
Big Brother Big Sister Saturday: 10:00 am to 11:30 am \$10 each	1/5/19 Sat	2/2/19 Sat	3/2/19 Sat	4/6/19 Sat	5/4/19 Sat	6/1/19 Sat
Safe Sitter Class 1st Day: 9:00 am to 2:00 pm 2nd Day (PVHMC): 9:00 am to Noon 2nd Day (Chino Hills) 12 noon to 3:00 pm <i>*Community Center - 14250 Peyton Dr., Chino Hills</i> \$40 each	1/26/19 Sat & 1/27/19 Sun	2/23/19 Sat & 2/24/19 Sun	*3/30/19 Sat & *3/31/19 Sun	4/27/19 Sat & 4/28/19 Sun	—	6/3/19 Mon & 6/4/19 Tue 6/17/19 Mon & 6/18/19 Tue *6/13/19 Thu & *6/14/19 Fri *6/27/19 Thu & *6/28/19 Fri
Pregnancy and Postpartum Stress Group 12:30 pm to 2:00 pm Free	First & third Wednesday	First & third Wednesday	First & third Wednesday	First & third Wednesday	First & third Wednesday	First & third Wednesday
Grupo de Embarazo y Estrés de Postparto 10:30 am to 12:00 pm Gratis	Primer y tercer Miércoles	Primer y tercer Miércoles	Primer y tercer Miércoles	Primer y tercer Miércoles	Primer y tercer Miércoles	Primer y tercer Miércoles

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POMONA VALLEY HOSPITAL
MEDICAL CENTER
WOMEN'S AND CHILDREN'S SERVICES

Expert care with a personal touch

Monthly Car Seat Safety Check
Call for an appointment

More classes on
the other side