

VIRTUAL

MATERNAL HEALTH AND BABY EDUCATION PROGRAM



Classes are offered in **English** and **Spanish** for Santa Clara Valley Medical Center patients.

Please enroll early (at 20 weeks) in your pregnancy to secure a spot!



Childbirth Preparation Class

You will learn about the stages of labor, the process of birth, and more.



Mother and Newborn Care Class




You will learn how to care for yourself and your baby after you give birth.



Lactation Class

You will learn all about breastfeeding.

To attend a class:

-  Call Ambulatory Health Education Department at **408-885-5436**
-  Ask your provider at your local Valley Health Center (VHC)
-  Please visit our website for more information at **www.scvmc.org/ahed**

All classes are **FREE** and **VIRTUAL**