

COMMUNITY BASED (OUTREACH) PROGRAMS AND SERVICES



802 W. Colton Ave Suite D
Redlands CA, 92373

<p>Currently Maternity tours are not available Due to COVID 19.</p> <p>Everyone attending classes must wear a mask, temperatures will be taking upon arrival. No one with a Temperature above 100.3 will be allowed to enter building.</p>	<p>Childbirth Preparation Class – Series of Three - 3 hour classes Includes Mother-Baby Units Orientation Tour Cost: \$100.00 6:00pm –9:00pm</p> <p><u>Tuesday- Zoom Classes</u> January 10, 17 and 24 February 7, 21 and 28 March 7, 14 and 21</p> <p>*Classes are also available with ZOOM online.</p> <p>Mats will not be provided. Please bring your own Yoga mat or towel if you want to participate in the breathing and relaxation exercises.</p>
<p>Childbirth Preparation (Accelerated Class) Cost: \$100.00 Hours: (9:00am-5:00pm) (one-day)</p> <p><u>Saturday</u> January 8 February 5 March 12</p>	<p>Childbirth Refresher Cost: \$35.00 /Hours: 6:00- 9:00pm</p> <p>Attend the second class from Childbirth Preparation Course.</p> <p><u>Zoom</u> January 17 February 21 March 14</p>
<p>Breastfeeding Basics (prior to delivery) Cost: \$25.00 Hours: 10:00am-12:00pm</p> <p><u>Saturday</u> <u>Zoom- 6-8pm</u> (Wednesday) January 22 January 12 February 19 February 16 March 19 March 16</p>	<p>For all the Childbirth classes, Please bring the Following: Two pillows and a small blanket for breathing and Relaxation Exercises * Please No Children at Classes and Tours *</p>

Classes are held at Redlands Community Hospital at 350 Terracina Blvd. Redlands CA, 92373, In the Weisser Education Pavilion
To register for classes, you can **Pay and Register over the Phone** by calling our Perinatal Services Department at 909-793-6330, or Mail your registration form with payment to PO BOX 3391 Redlands, CA 92374
- Make checks Payable to RCH -

For Medi-cal and IEHP patients, please call our office to see if your classes can be covered under our Pregnancy Education program (CPSP).

Last Name:		First Name:		Telephone # ()	
Mailing Address:			City:		Zip Code:
Estimated delivery date		Date of Birth		OB/GYN's Provider's Name:	
Are you delivering at Redlands Community Hospital?				If not, where?	
Select the class(es) you want – place a √				Desired Dates	
				Cost	
Childbirth Preparation Classes includes Tour				\$100.00	
Childbirth Refresher				\$35.00	
Childbirth Preparation (Weekend Class)				\$100.00	
Breastfeeding Basics				\$25.00	