

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 Tuesday</p> <p><u>Zoom Classes</u> April 6,13,20 May 11,18,25 June 1,8,15</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) <u>Saturday</u> April 10 May 8 June 12</p>	<p>Childbirth Refresher Cost: \$35.00 /Hours: 6:00- 9:00pm Attend the second class from Childbirth Preparation Course. <u>Zoom</u> April 13 May 18 June 8</p>
<p>Breastfeeding Basics (prior to delivery) Cost: \$25.00 Hours: 10:00am-12:00pm <u>Saturday</u> <u>Zoom- 6-8pm</u> April 24 April 14 May 29 May 19 June 19 June 9</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
<input type="checkbox"/>	Childbirth Preparation Classes includes Tour					\$100.00
<input type="checkbox"/>	Childbirth Refresher					\$35.00
<input type="checkbox"/>	Childbirth Preparation (Weekend Class)					\$100.00
<input type="checkbox"/>	Breastfeeding Basics					\$25.00