

COMMUNITY BASED (OUTREACH) PROGRAMS AND SERVICES



802 W. Colton Ave Suite D  
Redlands CA, 92373

<p><b>Currently Maternity tours are not available Due to COVID 19.</b></p> <p><b>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.</b></p>	<p><b>Childbirth Preparation Class – Series of Three - 3 hour classes</b> Includes Mother-Baby Units Orientation Tour Cost: \$100.00 6:00pm –9:00pm</p> <p><b><u>Tuesday- Zoom Classes</u></b> October 5,12,19 November 2,9,16 December 7,14,21</p> <p><b>*Classes are also available with ZOOM online.</b></p> <p><b>Mats will not be provided. Please bring your own Yoga mat or towel if you want to participate in the breathing and relaxation exercises.</b></p>
<p><b>Childbirth Preparation (Accelerated Class)</b> Cost: \$100.00 Hours: (9:00am-5:00pm) (one-day)</p> <p><b><u>Saturday</u></b> October 2 November 20 December 4</p>	<p><b>Childbirth Refresher</b> Cost: \$35.00 /Hours: 6:00- 9:00pm</p> <p>Attend the second class from Childbirth Preparation Course.</p> <p><b><u>Zoom</u></b> October 12 November 9 December 14</p>
<p><b>Breastfeeding Basics (prior to delivery)</b> Cost: \$25.00 Hours: 10:00am-12:00pm</p> <p><b><u>Saturday</u></b>                      <b><u>Zoom- 6-8pm</u> (Wednesday)</b> October 16                      October 13 November 13                      November 10 December 18                      December 15</p>	
<p><b>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 *</b></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