

COMMUNITY BASED (OUTREACH) PROGRAMS AND SERVICES



802 W. Colton Ave Suite D
Redlands CA, 92373

<p>Maternity Tours Cost: No charge 6:00-7:00pm</p> <p><u>Wednesday</u> July 6 and 20th August 3 and 17th September 7 and 21st</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. We follow CDC protocol for covid guidelines. Proof of vaccine or a negative covid test (within 48 hours) of class.</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>Zoom classes</u> July 13, 20 and 27th (Wednesday) August 1, 8 and 15 (Monday) September 12, 19 and 26 (Monday)</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) <i>Maternity tour will be included.</i> Cost: \$100.00 Hours: 9:00am-5:00pm (one-day)</p> <p><u>Saturday</u> July 23 August 6 September 10</p>	<p>Childbirth Refresher Cost: \$35.00 /Hours: 6:00- 9:00pm</p> <p>Attend the second class from Childbirth Preparation Course.</p> <p>July 21 , August 8, September 19th *Zoom</p>
<p>Breastfeeding Basics (prior to delivery) Cost: \$25.00 Hours: 10:00am-12:00pm</p> <p><u>Saturday</u> <u>Wednesday 6-8pm Zoom</u> July 30 July 6 August 27 August 24 September 24 September 7</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 Building.

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	
Mother-Baby Units orientation Tour				No Charge.	
Childbirth Preparation Classes includes Tour				\$100.00	
Childbirth Refresher				\$35.00	
Childbirth Preparation (Weekend Class)				\$100.00	
Breastfeeding Basics				\$25.00	
Cost					