

**-2009 Class Schedule-**

**4-Week**

**Childbirth Preparation Program!**

Learn all you need to know to prepare yourself for pregnancy, childbirth, postpartum, and newborn care in a four-week class series. The curriculum we use is developed to meet the diverse needs of expectant parents from a wide variety of circumstances. The classes are taught by experienced childbirth educators in a comfortable and accessible environment.

As a community based agency, not affiliated with a hospital, our fundamental goal is to provide education, support, and advocacy for parents. The classes provide information on a variety of skills and tools for expectant parents that can be used in the exciting and challenging times of parenting.

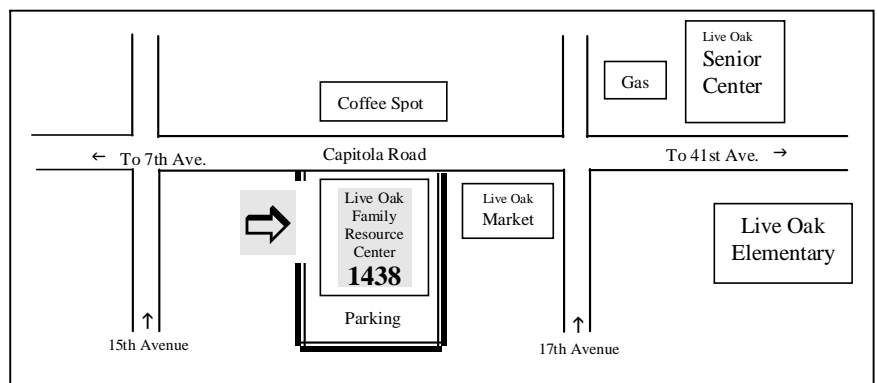
**7:00--9:30pm**

<b>Class #59-08</b>	<b>Tuesdays</b>	<b>February 3</b>	—	<b>February 24</b>
<b>Class #60-08</b>	<b>Tuesdays</b>	<b>April 7</b>	—	<b>April 28</b>
<b>Class #61-08</b>	<b>Tuesdays</b>	<b>June 2</b>	—	<b>June 23</b>
<b>Class #62-08</b>	<b>Tuesdays</b>	<b>August 4</b>	—	<b>August 25</b>
<b>Class #63-08</b>	<b>Tuesdays</b>	<b>October 6</b>	—	<b>October 27</b>

**Classes held at the Live Oak Family Resource Center, 1438 Capitola Road, Santa Cruz  
 To register and more information call (831) 476-7284 ext. 110**

**Course fees:**

- \$90/family/series (a CPSP benefit. If paying cash a discount will apply. The fee with the cash discount will be: \$55-70/family, sliding scale)
- CPSP clients: No charge. Clinics cover cost of classes. Talk to your MD, midwife or nurse to see if you are a CPSP client.
- Special needs addressed on individual basis. Individual or home-based class is available by arrangement.



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