

Pregnancy, Birthing and Beyond: Essential Classes and Support

In-Person and Virtual Classes Available!

Feel confident and supported throughout your pregnancy – and beyond – with Munson’s **free** childbirth education classes. Our friendly and experienced instructors are here to guide you at every stage, empowering you with knowledge and support for a healthy pregnancy, delivery, and postpartum experience.

We offer a variety of complimentary classes designed to meet your needs, including:

- **Healthy Pregnancy:** Recommended during the first trimester to support a healthy and informed pregnancy
- **Labor & Birth:** Recommended during the third trimester
- **Breastfeeding:** Recommended during the third trimester
- **Baby’s First Year:** Recommended during the third trimester
- **Birth Center Tours:** Available at select Munson hospitals

Postpartum Support Group



Munson’s postpartum support group provides a safe and supportive environment for new parents navigating the emotional, physical, and psychological challenges of the postpartum stage. Whether you’re struggling or simply seeking community, this support group offers a welcoming place to connect, learn, heal, and grow.

To learn more and register for classes, support groups, and tours, visit munsonhealthcare.org/babyclass or scan the QR code.

Questions?

Contact MHC-Community-Health-Staff@mhc.net

