

Childbirth Classes



Jefferson Center
for mental health

Lutheran Medical Center, Women & Family Services:

303-689-4595

<http://www.lutheranmedicalcenter.org/services-and-departments/women-services/birth-center/class-guide/>

- 8300 W. 38th Ave., Wheat Ridge 80033
- Scholarships available (on case by case basis) for childbirth prep, family education, postpartum support.
- \$10 (free on case by case basis) breastfeeding support group on Wednesday/Friday mornings (call for an appointment).

Littleton Adventist Hospital, Family life Center: 303-730-5810/844-325-5439

- 7700 S. Broadway, Littleton 80122;
- <http://www.mylittletonhospital.org/mlh/specialties/birthplace/prenatal---infant-classes/>
- Childbirth Prep-4 week Series \$70
 - 12 hr Focus on 5 aspects of the birthing process.
- Childbirth Preparation-Express \$50
 - *7 hour class to learn the tools and techniques of prepared childbirth and info necessary to make an informed decision regarding the birth of your baby.*
- Childbirth Preparation-Fast Track \$70 Childbirth Prep-Refresher
 - Offers all the info in the 4 week series in condensed, two evening sessions.
- Childbirth Prep-Refresher -\$40
 - This one time class is ideal for those who have been through childbirth before and are looking for an update.
- Discounts are available. Ask for the Program Director to receive the discounted price including 50-70% off. Medicaid clients mention you have Medicaid for lower class pricing. Teen parents receive an automatic discount.

Swedish Medical Center (Health One): 1-866-779-3347.

- 501 E. Hampden Ave., Englewood 80116; www.swedishhospital.com.
- Childbirth classes cost \$80/couple and are held 1x week for 4 weeks.
- Childbirth Express costs \$60/couple and is a one day class held on once a month on Saturday and/or Sunday. Discounts are available.

Exempla St. Joseph Hospital, Center for Women and Infants: 303-812-4640

- 1375 E 19th Ave, Denver, CO 80218;
<http://www.saintjosephdenver.org/>
- Click on the link for St. Joseph's Hospital website and access Women and Infant services.
- Scholarships provided for adult women delivering at St. Joseph Hospital.
- Classes include childbirth (in English & Spanish), breast feeding, infant care, parents expecting multiples, infant CPR, and sibling (3-7 years).

Classes are usually given in the 6th-7th month of pregnancy. Registration by the 4th month is advised to assure space. Most hospitals provide a tour of their birthing facilities after class.

If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.



- Teen classes include childbirth, breast feeding and infant care. Cost is \$20, free for teens having their baby at an Exemplar hospital.
- Postpartum depression support group offered.
- Traditional Childbirth series lasts 3 weeks (9 hrs) and costs \$85 per couple. Express Childbirth Preparation costs \$70 for one 5-hour session.

Rose Medical Center (Health One): 303-320-2121

- 4567 E. 9th Ave., Denver, CO 80220; www.rosebabies.com
- Family and pregnancy classes offered: Payment plans are available (such as \$10/month). Classes include prenatal, infant care, childbirth, baby safe and breastfeeding.
- Traditional Childbirth series lasts 4 weeks and costs \$85 per couple/family. Express Childbirth Preparation costs \$50 for one six-hour session. Online Childbirth Preparation costs \$45 and is offered for parents who cannot attend in person.

