



Childbirth Classes Navigation Services



Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

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

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.

SCL Health

866-877-4325

<https://www.sclhealth.org/services/pregnancy-baby/education-support/>

- Offers childbirth classes and other supports for new parents.
- Calendar of events and locations found online.

Planned Parenthood of the Rocky Mountains

303-813-7716

7155 E 38th Ave, Denver, CO (other locations throughout the Metro area)

<https://www.plannedparenthood.org>

- Offers childbirth preparation classes for families planning medicated and un-medicated hospital births.
- Classes are focused on preparation for labor and delivery and are designed for women in the third trimester of their pregnancies.

Colorado Family Doula

303-618-8347

3801 E. Florida Ave, Suite 906 Denver, CO 80210

<https://www.ready4birth.com/>

- Ready4Birth Videos - Video membership to view online course - \$49.99 per couple
- In-person Preparation Essentials classes – 3 weeks series, or One-day Essentials class.
- 30-minutes private, virtual consult with a Doula - \$75
- 3-hour private, virtual consult with a Doula - \$375

University of Colorado – OB GYN

720-848-1174

<https://obgyn.coloradowomenshealth.com/services/pregnancy/pregnancy-parenting-classes>

- Offers a variety of childbirth classes include an “express” class that is completed in six hours as well as a course on natural childbirth and other topics relating to pregnancy, childbirth, and having a newborn.

Centura Health

<https://www.centura.org/classes-and-events>

Due to COVID -19 pandemic, the hospital has partnered with Birthly to offer free access to virtual childbirth education offerings. <https://www.mybirthly.com/westernplainsmc> and use discount code WPMC.

- Offers childbirth and parenting classes virtually
- Calendar of events and locations available online.

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Swedish Medical Center (Health One):

1-866-779-3347

501 Hampden Ave., Englewood 80116

<https://swedishhospital.com/specialties/labor-and-delivery/>

- Childbirth classes are held 1x week for 4 weeks. Childbirth Express is a one day class held on once a month on Saturday and/or Sunday. Discounts are available.