

January 21 - Becoming A Mom®, What To Expect From Prenatal Care

Learn what to expect from your prenatal care and learn about common discomforts to expect during your pregnancy.

Time: 3:30 p.m. – 5:30 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call Meghan (785) 826-6600 ext. 7326 to register

Cost: Free

Click here for a list of classes available

https://www.srhc.com/services/infant-child-development/childbirth_infant_classes.php

January 21 - Becoming A Mom®, Infant Feeding/Breastfeeding Basics

Learn what to expect and how to overcome problems with Breastfeeding for even the most experienced breastfeeding mom.

Time: 6:00 p.m. – 8:00 p.m.

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https://www.srhc.com/services/infant-child-development/childbirth_infant_classes.php

May 19 - Becoming A Mom®, Pregnancy Health

Learn how stress, certain foods and many other things can affect your pregnancy.

Time: 6:00 p.m. – 8:00 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call Meghan (785) 826-6600 ext. 7326 to register

Cost: Free

Click here for a list of classes available

https://www.srhc.com/services/infant-child-development/childbirth_infant_classes.php

May 20 - Becoming A Mom®, Pregnancy Health

Learn how stress, certain foods and many other things can affect your pregnancy.

Time: 3:30 p.m. – 5:30 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call Meghan (785) 826-6600 ext. 7326 to register

Cost: Free

Click here for a list of classes available

https://www.srhc.com/services/infant-child-development/childbirth_infant_classes.php

May 20- Becoming A Mom®, Infant Care

How to have the happiest baby on the block, the purple period of crying, how to reduce the risk of SIDS and learn how to safely install the car seat.

Time: 6:00 p.m. – 8:00 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call Meghan (785) 826-6600 ext. 7326 to register

Cost: Free

Click here for a list of classes available

https://www.srhc.com/services/infant-child-development/childbirth_infant_classes.php

May 21 - Becoming A Mom®, Infant Care

This session will be in Spanish. How to have the happiest baby on the block, the purple period of crying, how to reduce the risk of SIDS and learn how to safely install the car seat.

Time: 1:00 p.m. – 3:00 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call Meghan (785) 826-6600 ext. 7326 to register

Cost: Free

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Time: 3:30 p.m. – 5:30 p.m.

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Cost: Free

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May 21 - Becoming A Mom®, Pregnancy Health

This session will be in Spanish. Learn how stress, certain foods and many other things can affect your pregnancy.

Time: 4:00 p.m. – 6:00 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call Meghan (785) 826-6600 ext. 7326 to register

Cost: Free

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Learn how stress, certain foods and many other things can affect your pregnancy.

Time: 6:00 p.m. – 8:00 p.m.

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Cost: Free

Click here for a list of classes available

https://www.srhc.com/services/infant-child-development/childbirth_infant_classes.php

June 15 - Becoming A Mom®, Signs And Symptoms Of Preterm Labor

Learn the signs and symptoms of preterm labor, what to expect during labor and delivery and why the last weeks of pregnancy matter.

Time: 3:30 p.m. – 5:30 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call Melissa (785) 826-6600 ext. 7326 to register

Cost: Free

Click here for a list of classes available

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June 15 - Becoming A Mom®, Postpartum Recovery/Interconception Health

Learn about postpartum recovery and interconception health and how to regain health between pregnancies.

Time: 6:00 p.m. – 8:00 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call Melissa (785) 826-6600 ext. 7326 to register

Cost: Free

Click here for a list of classes available

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June 15 - Becoming A Mom®, Postpartum Recovery/Interconception Health

This session will be in Spanish. Learn about postpartum recovery and interconception health and how to regain health between pregnancies.

Time: 1:00 p.m. – 3:00 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call Melissa (785) 826-6600 ext. 7326 to register

Cost: Free

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June 15 - Becoming A Mom®, Signs And Symptoms Of Preterm Labor

This session will be in Spanish. Learn the signs and symptoms of preterm labor, what to expect during labor and delivery and why the last weeks of pregnancy matter.

Time: 4:00 p.m. – 6:00 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

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Cost: Free

Click here for a list of classes available

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June 16 - Becoming A Mom®, Postpartum Recovery/Interconception Health

Learn about postpartum recovery and interconception health and how to regain health between pregnancies.

Time: 3:30 p.m. – 5:30 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call

Melissa (785) 826-6600 ext. 7326 to register

Cost: Free

Click here for a list of classes available

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June 16- Becoming A Mom®, Signs And Symptoms Of Preterm Labor

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Time: 6:00 p.m. – 8:00 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

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Cost: Free

Click here for a list of classes available

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June 22- Family Birthing Center Tours

Come tour the birthing center to ease your anxieties and let soon-to-be brothers and sisters learn what to expect when the big day arrives.

Time: 6:00 p.m. - 7:00 p.m.

Location: 400 S. Santa Fe, Salina Regional Health Center, 6th Floor Birth Center

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call

Melissa (785) 826-6600 ext. 7326 to register

Cost: Free

Click here for a list of classes available

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July 20 - Becoming A Mom®, What To Expect From Prenatal Care

This session will be in Spanish. Learn what to expect from your prenatal care and learn about common discomforts to expect during your pregnancy.

Time: 1:00 p.m. – 3:00 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call Melissa (785) 826-6600 ext. 7326 to register

Cost: Free

Click here for a list of classes available

https://www.srhc.com/services/infant-child-development/childbirth_infant_classes.php

July 20 - Becoming A Mom®, Infant Feeding/Breastfeeding Basics

Learn what to expect and how to overcome problems with Breastfeeding for even the most experienced breastfeeding mom.

Time: 3:30 p.m. – 5:30 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call Melissa (785) 826-6600 ext. 7326 to register

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July 20 - Becoming A Mom®, Infant Feeding/Breastfeeding Basics

This session will be in Spanish. Learn what to expect and how to overcome problems with Breastfeeding for even the most experienced breastfeeding mom.

Time: 4:00 p.m. – 6:00 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call Melissa (785) 826-6600 ext. 7326 to register

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Time: 6:00 p.m. – 8:00 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

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Time: 6:00 p.m. – 8:00 p.m.

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Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call Melissa (785) 826-6600 ext. 7326 to register

Cost: Free

Click here for a list of classes available

https://www.srhc.com/services/infant-child-development/childbirth_infant_classes.php

July 27- Family Birthing Center Tours

Come tour the birthing center to ease your anxieties and let soon-to-be brothers and sisters learn what to expect when the big day arrives.

Time: 6:00 p.m. - 7:00 p.m.

Location: 400 S. Santa Fe, Salina Regional Health Center, 6th Floor Birth Center

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call Melissa (785) 826-6600 ext. 7326 to register

Cost: Free

Click here for a list of classes available

https://www.srhc.com/services/infant-child-development/childbirth_infant_classes.php

August 17 - Becoming A Mom®, Pregnancy Health

This session will be in Spanish. Learn how stress, certain foods and many other things can affect your pregnancy.

Time: 1:00 p.m. – 3:00 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call
Melissa (785) 826-6600 ext. 7326 to register

Cost: Free

Click here for a list of classes available

https://www.srhc.com/services/infant-child-development/childbirth_infant_classes.php

August 17 - Becoming A Mom®, Infant Care

How to have the happiest baby on the block, the purple period of crying, how to reduce the risk of SIDS and learn how to safely install the car seat.

Time: 3:30 p.m. – 5:30 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call
Melissa (785) 826-6600 ext. 7326 to register

Cost: Free

Click here for a list of classes available

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August 17 - Becoming A Mom®, Infant Care

This session will be in Spanish. How to have the happiest baby on the block, the purple period of crying, how to reduce the risk of SIDS and learn how to safely install the car seat.

Time: 4:00 p.m. – 6:00 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

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August 17 - Becoming A Mom®, Pregnancy Health

Learn how stress, certain foods and many other things can affect your pregnancy.

Time: 6:00 p.m. – 8:00 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call
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Cost: Free

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Time: 3:30 p.m. – 5:30 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call Melissa (785) 826-6600 ext. 7326 to register

Cost: Free

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August 18 - Becoming A Mom®, Infant Care

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Time: 6:00 p.m. – 8:00 p.m.

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Cost: Free

Click here for a list of classes available

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August 24- Family Birthing Center Tours

Come tour the birthing center to ease your anxieties and let soon-to-be brothers and sisters learn what to expect when the big day arrives.

Time: 6:00 p.m. - 7:00 p.m.

Location: 400 S. Santa Fe, Salina Regional Health Center, 6th Floor Birth Center

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call Melissa (785) 826-6600 ext. 7326 to register

Cost: Free

Click here for a list of classes available

https://www.srhc.com/services/infant-child-development/childbirth_infant_classes.php

September 21 - Becoming A Mom®, Postpartum Recovery/Interconception Health

Learn about postpartum recovery and interconception health and how to regain health between pregnancies.

Time: 3:30 p.m. – 5:30 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call Melissa (785) 826-6600 ext. 7326 to register

Cost: Free

Click here for a list of classes available

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September 21 - Becoming A Mom®, Signs And Symptoms Of Preterm Labor

Learn the signs and symptoms of preterm labor, what to expect during labor and delivery and why the last weeks of pregnancy matter.

Time: 6:00 p.m. – 8:00 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

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Cost: Free

Click here for a list of classes available

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September 24- Becoming A Mom®, Signs And Symptoms Of Preterm Labor

This session will be in Spanish. Learn the signs and symptoms of preterm labor, what to expect during labor and delivery and why the last weeks of pregnancy matter.

Time: 1:00 p.m. – 3:00 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

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Cost: Free

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September 24- Becoming A Mom®, Postpartum Recovery/Interconception Health

This session will be in Spanish. Learn about postpartum recovery and interconception

health and how to regain health between pregnancies.

Time: 4:00 p.m. – 6:00 p.m.

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Come tour the birthing center to ease your anxieties and let soon-to-be brothers and sisters learn what to expect when the big day arrives.

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Location: 400 S. Santa Fe, Salina Regional Health Center, 6th Floor Birth Center

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Cost: Free

Click here for a list of classes available

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October 19 - Becoming A Mom®, What To Expect From Prenatal Care

Learn what to expect from your prenatal care and learn about common discomforts to expect during your pregnancy.

Time: 3:30 p.m. – 5:30 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call Melissa (785) 826-6600 ext. 7326 to register

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Time: 6:00 p.m. – 8:00 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

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Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

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Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center

door between suite 200 & 300- meet in the basement).

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call Melissa (785) 826-6600 ext. 7326 to register

Cost: Free

Click here for a list of classes available

https://www.srhc.com/services/infant-child-development/childbirth_infant_classes.php

October 21 - Becoming A Mom®, Infant Feeding/Breastfeeding Basics

Learn what to expect and how to overcome problems with Breastfeeding for even the most experienced breastfeeding mom.

Time: 6:00 p.m. – 8:00 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call Melissa (785) 826-6600 ext. 7326 to register

Cost: Free

Click here for a list of classes available

https://www.srhc.com/services/infant-child-development/childbirth_infant_classes.php

October 22 - Becoming A Mom®, Infant Feeding/Breastfeeding Basics

This session will be in Spanish. Learn what to expect and how to overcome problems with Breastfeeding for even the most experienced breastfeeding mom.

Time: 1:00 p.m. – 3:00 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call Melissa (785) 826-6600 ext. 7326 to register

Cost: Free

Click here for a list of classes available

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October 22 - Becoming A Mom®, Infant Feeding/Breastfeeding Basics

Learn what to expect and how to overcome problems with Breastfeeding for even the most experienced breastfeeding mom.

Time: 3:30 p.m. – 5:30 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call Melissa (785) 826-6600 ext. 7326 to register

Cost: Free

Click here for a list of classes available

https://www.srhc.com/services/infant-child-development/childbirth_infant_classes.php

October 22 - Becoming A Mom®, What To Expect From Prenatal Care

This session will be in Spanish. Learn what to expect from your prenatal care and learn about common discomforts to expect during your pregnancy

Time: 4:00 p.m. – 6:00 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call Melissa (785) 826-6600 ext. 7326 to register

Cost: Free

Click here for a list of classes available

https://www.srhc.com/services/infant-child-development/childbirth_infant_classes.php

October 22 - Becoming A Mom®, What To Expect From Prenatal Care

Learn what to expect from your prenatal care and learn about common discomforts to expect during your pregnancy

Time: 6:00 p.m. – 8:00 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call Melissa (785) 826-6600 ext. 7326 to register

Cost: Free

Click here for a list of classes available

https://www.srhc.com/services/infant-child-development/childbirth_infant_classes.php

October 26- Family Birthing Center Tours

Come tour the birthing center to ease your anxieties and let soon-to-be brothers and sisters learn what to expect when the big day arrives.

Time: 6:00 p.m. - 7:00 p.m.

Location: 400 S. Santa Fe, Salina Regional Health Center, 6th Floor Birth Center

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call Melissa (785) 826-6600 ext. 7326 to register

Cost: Free

Click here for a list of classes available

https://www.srhc.com/services/infant-child-development/childbirth_infant_classes.php

November 16 - Becoming A Mom®, Pregnancy Health

Learn how stress, certain foods and many other things can affect your pregnancy.

Time: 3:30 p.m. – 5:30 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call Melissa (785) 826-6600 ext. 7326 to register

Cost: Free

Click here for a list of classes available

https://www.srhc.com/services/infant-child-development/childbirth_infant_classes.php

November 16 - Becoming A Mom®, Infant Care

How to have the happiest baby on the block, the purple period of crying, how to reduce the risk of SIDS and learn how to safely install the car seat.

Time: 6:00 p.m. – 8:00 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call

Melissa (785) 826-6600 ext. 7326 to register

Cost: Free

Click here for a list of classes available

https://www.srhc.com/services/infant-child-development/childbirth_infant_classes.php

November 17 - Becoming A Mom®, Infant Care

How to have the happiest baby on the block, the purple period of crying, how to reduce the risk of SIDS and learn how to safely install the car seat.

Time: 3:30 p.m. – 5:30 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call

Melissa (785) 826-6600 ext. 7326 to register

Cost: Free

Click here for a list of classes available

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November 17 - Becoming A Mom®, Pregnancy Health

Learn how stress, certain foods and many other things can affect your pregnancy.

Time: 6:00 p.m. – 8:00 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call

Melissa (785) 826-6600 ext. 7326 to register

Cost: Free

Click here for a list of classes available

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November 18- Becoming A Mom®, Pregnancy Health

Learn how stress, certain foods and many other things can affect your pregnancy.

Time: 3:30 p.m. – 5:30 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center

door between suite 200 & 300- meet in the basement).

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call Melissa (785) 826-6600 ext. 7326 to register

Cost: Free

Click here for a list of classes available

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November 18- Becoming A Mom®, Infant Care

How to have the happiest baby on the block, the purple period of crying, how to reduce the risk of SIDS and learn how to safely install the car seat.

Time: 6:00 p.m. – 8:00 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call Melissa (785) 826-6600 ext. 7326 to register

Cost: Free

Click here for a list of classes available

https://www.srhc.com/services/infant-child-development/childbirth_infant_classes.php

November 19- Becoming A Mom®, Infant Care

This session will be in Spanish. How to have the happiest baby on the block, the purple period of crying, how to reduce the risk of SIDS and learn how to safely install the car seat.

Time: 1:00 p.m. – 3:00 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call Melissa (785) 826-6600 ext. 7326 to register

Cost: Free

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November 19- Becoming A Mom®, Infant Care

How to have the happiest baby on the block, the purple period of crying, how to reduce the risk of SIDS and learn how to safely install the car seat.

Time: 3:30 p.m. – 5:30 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call Melissa (785) 826-6600 ext. 7326 to register

Cost: Free

Click here for a list of classes available

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November 19 - Becoming A Mom®, Pregnancy Health

This session will be in Spanish. Learn how stress, certain foods and many other things can affect your pregnancy.

Time: 4:00 p.m. – 6:00 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call Melissa (785) 826-6600 ext. 7326 to register

Cost: Free

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Time: 6:00 p.m. – 8:00 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call Melissa (785) 826-6600 ext. 7326 to register

Cost: Free

Click here for a list of classes available

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November 23- Family Birthing Center Tours

Come tour the birthing center to ease your anxieties and let soon-to-be brothers and sisters learn what to expect when the big day arrives.

Time: 6:00 p.m. - 7:00 p.m.

Location: 400 S. Santa Fe, Salina Regional Health Center, 6th Floor Birth Center

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call Melissa (785) 826-6600 ext. 7326 to register

Cost: Free

Click here for a list of classes available

https://www.srhc.com/services/infant-child-development/childbirth_infant_classes.php

December 14 - Becoming A Mom®, Signs And Symptoms Of Preterm Labor

Learn the signs and symptoms of preterm labor, what to expect during labor and delivery and why the last weeks of pregnancy matter.

Time: 3:30 p.m. – 5:30 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call Melissa (785) 826-6600 ext. 7326 to register

Cost: Free

Click here for a list of classes available

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December 14 - Becoming A Mom®, Postpartum Recovery/Interconception Health

Learn about postpartum recovery and interconception health and how to regain health between pregnancies.

Time: 6:00 p.m. – 8:00 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call

Melissa (785) 826-6600 ext. 7326 to register

Cost: Free

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December 15 - Becoming A Mom®, Postpartum Recovery/Interconception Health

Learn about postpartum recovery and interconception health and how to regain health between pregnancies.

Time: 3:30 p.m. – 5:30 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call

Melissa (785) 826-6600 ext. 7326 to register

Cost: Free

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Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

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Cost: Free

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December 16 - Becoming A Mom®, Signs And Symptoms Of Preterm Labor

Learn the signs and symptoms of preterm labor, what to expect during labor and delivery and why the last weeks of pregnancy matter.

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Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

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December 17 - Becoming A Mom®, Postpartum Recovery/Interconception Health

This session will be in Spanish. Learn about postpartum recovery and interconception health and how to regain health between pregnancies.

Time: 1:00 p.m. – 3:00 p.m.

Location: Donna Vanier Children's Center, 155 N. Oakdale (Enter the conference center door between suite 200 & 300- meet in the basement).

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Cost: Free

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December 28- Family Birthing Center Tours

Come tour the birthing center to ease your anxieties and let soon-to-be brothers and sisters learn what to expect when the big day arrives.

Time: 6:00 p.m. - 7:00 p.m.

Location: 400 S. Santa Fe, Salina Regional Health Center, 6th Floor Birth Center

Contact: Tricia, (785) 826-6000 extension 7334 or email triciafry@sschd.org or call Melissa (785) 826-6600 ext. 7326 to register

Cost: Free

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