



Highland Hospital

2019 PRENATAL CLASSES

Classes are from 10 AM to 12 Noon

K Building - 6th Floor, Women's Clinic

Highland Hospital 1411 East 31st Street, Oakland CA, 94602

¡ Ahora tenemos clases en español !

Las clases son de 10 AM a 12PM - Edificio K – Piso 6 – Clínica de Mujeres

January 2019 <i>enero</i>	January 7 Preparing for Childbirth	January 14 Preparing for Childbirth	January 21 No Class or Tour	January 28 Breastfeeding & Newborn Care	
February <i>febrero</i>	February 4 Preparing for Childbirth	February 11 <i>Preparacion para el parto * en español *</i>	February 18 No Class or Tour	February 25 Breastfeeding & Newborn Care	
March <i>marzo</i>	March 4 Preparing for Childbirth	March 11 Preparing for Childbirth	March 18 Car seat & Infant Safety	March 25 Breastfeeding & Newborn Care	
April <i>abril</i>	April 1 Preparing for Childbirth	April 8 <i>Preparacion para el parto * en español *</i>	April 15 Car seat & Infant Safety	April 22 <i>Lactancia y cuidado del recién nacido * en español *</i>	April 29 Breastfeeding & Newborn Care
May <i>mayo</i>	May 6 Preparing for Childbirth	May 13 Preparing for Childbirth	May 20 Car seat & Infant Safety	May 27 No class or Tour	
June <i>junio</i>	June 3 <i>Preparacion para el parto * en español *</i>	June 10 Preparing for Childbirth	June 17 Car seat & Infant Safety	June 24 Breastfeeding & Newborn Care	
July <i>julio</i>	July 1 Preparing for Childbirth	July 8 Preparing for Childbirth	July 15 Car seat & Infant Safety	July 22 Breastfeeding & Newborn Care	July 29 <i>Lactancia y cuidado del recién nacido * en español *</i>
August <i>agosto</i>	August 5 Preparing for Childbirth	August 12 <i>Preparacion para el parto * en español *</i>	August 19 Car seat & Infant Safety	August 26 Breastfeeding & Newborn Care	
September <i>septiembre</i>	September 2 No Class or Tour	September 9 Preparing for Childbirth	September 16 Car seat & Infant Safety	September 23 <i>Lactancia y cuidado del recién nacido * en español *</i>	September 30 Breastfeeding & Newborn Care
October <i>octubre</i>	October 7 <i>Preparacion para el parto * en español *</i>	October 14 Preparing for Childbirth	October 21 Car seat & Infant Safety	October 28 Breastfeeding & Newborn Care	
November <i>noviembre</i>	November 4 Preparing for Childbirth	November 11 No Class or Tour	November 18 Car seat & Infant Safety	November 25 Breastfeeding & Newborn Care	
December <i>diciembre</i>	December 2 <i>Preparacion para el parto * en español *</i>	December 9 Preparing for Childbirth	December 16 Car seat & Infant Safety	December 23 Breastfeeding & Newborn Care	December 30 No Class or Tour
January 2020 <i>enero</i>	January 6 Preparing for Childbirth	Jan 13 Breastfeeding & Newborn Care	January 20 No Class or Tour	January 27 <i>Lactancia y cuidado del recién nacido * en español *</i>	

Labor & Delivery Tours

Tours of the Family Birth Center will be held at Noon on Mondays. Please meet in the Labor & Delivery waiting room on the 4th floor of the ACT (Acute Care Tower). No tours on Holidays.

Los recorridos de Hospital son los Lunes a Mediodía. Nos reuniremos en la sala de espera, Piso 4 del ACT.

For tour information, please call / *Para información de recorrido, llame: (510) 437-4278*

For additional class or tour information, please call / *Para información adicional, llame: (510) 437-4778*