

Expectant Parent Classes 2026

Scan the QR code

or

Go to: <https://forms.office.com/r/UFkBfVk8HL>



All classes are in person at Porter
Medical Center (unless noted as
Zoom)

Questions? Email:
CBE@portermedical.org

Understanding Birth

January 10th 9am-3pm
February 14th 9am-3pm
March 14th 9am-1pm
April 11th 9am-1pm
May 9th 9am-1pm
June 13th 9am-1pm
July 11th 9am-1pm
August 8th 9am-1pm
September 12th 9am-1pm
October 10th 9am-1pm
November 14th 9am-1pm
December 12th 9am-1pm

Post-Partum & Newborn 12:30pm-3:30pm

March 15th
April 12th
May 10th
June 14th
July 12th
August 9th
September 13th
October 11th
November 15th
December 13th

Understanding Breastfeeding 6pm-8pm

January 15th
February 11th
March 10th
April 8th
May 13th
June 10th
July 8th
August 12th
September 9th
October 14th
November 11th
December 9th

Comfort Measures

January 26th 6pm-8pm
February 28th 9am-11am
March 30th 6pm-8pm
April 25th 9am-11am
May 18th 6pm-8pm
June 27th 9am-11am
July 27th 6pm-8pm
August 29th 9am-11am
September 28th 6pm-8pm
October 24th 9am-11am
November 30th 6pm-8pm
December 28th 6pm-8pm

Name:

Email:

Phone Number:

**If preferred; sign up by circling dates and
mail or email form to:**

Porter Birthing Center

115 Porter Drive

Middlebury, Vermont 05753

