

# Expectant Parent Classes 2026

Scan the QR code

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

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

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

## Understanding Breastfeeding 6pm-8pm

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

## Comfort Measures

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