



Mon Medical Center

Fall-Early Winter 2026 Class Schedule.

Call/ text 304-290-2097 to sign up!

Perinatal Education Program
1200 JD Anderson Drive,
Morgantown, WV 26505
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Sign up at 24 weeks and begin classes about 28-30 weeks into your pregnancy!

****Grandparents and family members are welcome to take CPR classes and Baby Basics**

****Severe weather can happen at any time...check to see if class is happening! Text 304-290-2097**

Welcome to the Mon Health Perinatal Education Program Classes. I am Pamela, your Perinatal Education Program Coordinator. All of us at Mon Health Medical Center are committed to providing you with the information you need to make your child's birth a comfortable and safe experience.

The first two classes of the series focus on birth as a natural process (as opposed to a "medical procedure.") We will cover a number of topics designed to assist labor progress while helping mother cycle through the process. These topics include the stages of labor, anatomy, a natural birth film, relaxation, breathing, massage and comfort techniques, positioning for labor.

The second two classes focus on epidurals, narcotic analgesics, medical interventions, cesarean birth, labor rehearsal and birth video, newborn procedures and a tour of the Birth Center. **Please be aware that just because you take weeks 3 & 4 class does not guarantee that you will receive an epidural at your request. You may still have to employ comfort techniques in labor until the anesthesiologist and your health care provider deem if/when it is appropriate to receive an epidural.**

Virtual and In-Person classes are offered to meet each families' needs and schedules!

Virtual Classes **A link will be sent to your phone the day before classes as a reminder.**

Sept 13	Baby Basics/Breastfeeding combo	2:30-7:00 pm	Virtual
Sept 28, Oct 5, 12, 19	Childbirth Class #1-4	7-9 pm	Virtual
Nov 9	Breastfeeding class	7-9 pm	Virtual
Nov 16	Baby Basics Class	7-9 pm	Virtual
Dec 7	Breastfeeding class	7-9 pm	Virtual
Dec 14	Baby Basics Class	7-9 pm	Virtual

In Person Classes **Mon Health Medical Center Conference Center is the Venue Location.**

August 15	Childbirth Class #1 & 2	2:30-7:00 pm	In person
August 22	Childbirth Class #3 & 4	2:30-7:00 pm	In person
August 29	Infant CPR	2:30- 4:30 pm	In person
Sept 12(virtual)	Childbirth Class #1 & 2	2:30-7:00 pm	virtual
Sept 19(in person)	Childbirth Class #3 & 4	2:30-7:00 pm	In person
Sept 27	Infant CPR	2:30-4:30 pm	In person
Oct 11	Infant CPR	2:30-4:30 pm	In person
Nov 7(virtual)	Childbirth Class #1 & 2	2:30-7:00 pm	virtual
Nov 8(in person)	Childbirth Class #3 & 4	2:30-7:00 pm	In person
Dec 5(virtual)	Childbirth Class #1 & 2	2:30-7:00 pm	virtual
Dec 12(in person)	Childbirth Class #3 & 4	2:30-7:00 pm	In person
Dec 19	Infant CPR	2:30-4:30 pm	In person

****Please be aware that classes are cancelled due to severe weather hence one reason we move virtual during winter time; any doubt, please call 304-290-2097 to ensure class is still happening!**

Stork Fund



Payment Form



Classes

