



# Emory Healthcare Maternity Classes & Support Groups

All of our classes and support groups\* are taught by clinical experts from Emory Decatur Hospital (EDH), Emory Johns Creek Hospital (EJCH) and Emory University Hospital Midtown (EUHM).



[Learn more or register online.](#)

## Preparing for Parenthood: Wellness & Self Care

Fourth Sunday of every month | 1 – 2:30 p.m. | \$25

This class provides live instruction, discussion and support to help you prepare and plan for the changes that come with having a new baby in the family. Whether this is your first baby or you are adding a sibling to the mix, join us to learn about prioritizing self-care, promoting and maintaining healthy partnerships and understanding the range of postpartum feelings you and/or your partner may experience.

## Breastfeeding Class

Various day/time options available | Pricing varies upon class option

This class provides the education and support that will prepare you to make the most informed decision on breastfeeding your new baby. It includes information on getting the best start possible with your breastfeeding experience as well as common challenges and solutions and how Dad's/partner's role plays a part. Class booklets will be mailed to the address you provide during registration. You will also be given access to an online app for class materials.

## Breastfeeding Support Group

Various day/time options available | Free

Hosted by a lactation expert, this group offers education, advice and emotional support for new moms opting to breastfeed. This is a time to ask questions and share your experience with others.

## New Parent Support Group

Thursdays | Noon – 1 p.m. | Free

This group is for parents of infants up to six months of age. Join in to meet other parents, share successes and challenges and get tips and advice from our facilitator who is certified in childbirth education and perinatal mental health support.

[See more on reverse.](#)

*\*All classes, tours and support groups are currently offered virtually only. Please register the mom only. You are welcome to include a support person with you at each of these classes. You will receive the Zoom meeting ID number via email one to two days prior to the class. Please check your spam folder if you cannot locate email in your inbox.*

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## Infant Safety & CPR

Various day/time options available | \$35

This class is designed to prepare expectant and new parents and their families for potential child emergencies and will cover infant CPR, choking, safe sleep, the period of purple crying, car seat basics and infection prevention. This family and friends CPR class is taught by an Emory Neonatal ICU nurse who wishes to share the lifesaving skills of CPR with others. **Note: This is not a CPR certification course.** Please register the mom only; any support people/family members are also welcome to attend the Zoom class.

## Childbirth Preparation

Various day/time options available | \$75

This class is designed to empower you with knowledge of the birthing process. The full class includes information on late pregnancy, the labor process, comfort techniques, medical interventions and C-sections. A virtual tour is provided at the end of class. Class booklets will be mailed to the address you provide during registration. You will also be given access to an online app for class materials.

## Newborn Care & Behavior

Various day options available | 6 – 8 p.m. | \$35

This class is designed to answer your questions and thus lessen your fears about the early days and weeks of life with your newborn. Videos, demonstrations and discussions will help you learn what to expect and how to care for and enjoy your new baby. Class booklets will be mailed to the address you provide during registration. You will also be given access to an online app for class materials.

## OB Tours

Visit [emoryhealthcare.org/maternity](https://emoryhealthcare.org/maternity) to view important information at any time for our three campuses: EDH, EJC and EUHM. In addition, you may sign up to attend one of our Zoom tours review sessions and Q & A with a nurse.



[Learn more or register online.](#)

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