

## CHILDBIRTH CLASSES

There are many ways for you to learn about childbirth and to find support for yourself and your growing family. Childbirth classes give you information to reduce your fears and help you make good decisions. You will also learn skills to help you relax and cope.

Classes can help you meet other moms-to-be, and provide information on what to expect from pregnancy and after the birth of your baby. Call the number for your area on the next page for more information.

AllCare CCO will pay for the cost of approved childbirth classes.



One bonus of taking a childbirth class is that you may make friends. Some participants stay in touch long after classes are over and their babies are born.

AllCare CCO  
Member Services  
Toll-free 1-888-460-0185  
TTY 1-800-735-2900

## Curry County Classes

For classes at Sutter Coast Community Clinic, call 707-464-6715.

## Jackson County Classes

For classes at Providence Birthplace - Medford, call 541-732-5494.

For classes at Asante Ashland Community Hospital's Birth Center, call 541-201-4210.

For childbirth classes at Asante Rogue Regional Medical Center, call 541-789-5979. For more information about parenting and breastfeeding classes, please call the Family Birth Center at 541-789-4218.

## Josephine County Classes

For classes in Josephine County, call Women's Health Center of Southern Oregon (if you are already an established patient) at 541-479-8363.



Developing a strong breastfeeding bond with your new baby has many advantages beyond the nutritional and health benefits.

The basics that you need to know as a new mother before you begin to breastfeed your baby are taught in many childbirth classes.



Some classes teach the skills you will need to care for your baby, like how to give her a bath and keep her safe.

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