

ACTIVE BIRTH 8-WEEK SERIES Come to one or come to all, start at any point.
Tuesday evenings - 6:30 pm-8:30pm. \$15 (per family) each evening
or \$105 for 8 sessions. Please wear comfortable, loose clothing.
Facilitated by Betsy Mercogliano, RN, CCE, Doula (CLA)

- Week 1 Bodies and Birth**
Movement and discussion of the physiology of pregnancy & birth.
June 22, Sept. 7, Nov. 2, 2010, Jan. 11, Mar. 8, May 3, 2011
- Week 2 Support during the Childbearing Year**
*Making sure you're ecstatic about your care
Provider and birth support.*
June 29, Sept. 14, Nov. 9, 2010, Jan. 18, Mar. 15, May 10, 2011
- Week 3 Active Birth**
*Moving and trusting your body in labor and birth. We will also
Focus on optimal baby positioning.*
July 6, Sept. 21, Nov. 16, 2010, Jan. 25, Mar. 22, May 17, 2011
- Week 4 Challenges during Birth**
*Discussion on interventions offered by medicine and other
supports to help you roll with the birthing process as it unfolds.*
July 13, Sept. 28, Nov. 23, 2010, Feb. 1, Mar. 29, May 24, 2011
- Week 5 Fathers/Partners Night**
*A chance for partners to focus on their role in pregnancy,
birth and postpartum. Come together or come alone.*
Facilitated by Bhawin Suchak & other experienced partners
Oct. 5, Nov. 30, 2010, Feb. 8, April 5, May 31, 2011
- Week 6 Active Birth**
*Moving and trusting your body in labor and birth, We will pay
particular attention to transition, pushing, birth and the golden hour –
immediate post-partum.*
June 1, July 20, Oct. 12, Dec. 7, 2010, Feb. 15, Ap. 12, June 7, 2011
- Week 7 Breastfeeding and Postpartum Health**
*Breastfeeding skills and support, moving and trusting your new body,
You are amazing!*
July 27, Oct. 19, Dec. 14, 2010, Feb. 22, Ap. 19, June 14, 2011
- Week 8 Babies! OK, Now what?!**
*Sleeping choices. family adjustment, siblings, finding a physician/
care provider, diapering, etc.*
June 15, Oct. 26, 2010, Jan. 4, Mar. 1, Ap. 26, June 21, 2011

SPECIALTY FOCUS NIGHTS – \$15 per night at the
class. In addition to our Active Birth 8-week series,
we are offering specialty classes each with a
particular focus.
First Thursdays of the Month - 6:30pm-8:30pm.

All About Water

Using water in labor and birth. Discussion and movies.
Facilitated by Maureen Murphy, CCE, CLA, at the FLC.
Sept. 2, 2010, March 3, June 2, 2011

The Art of Babywearing

Babywearing has obvious benefits for baby and caregiver, but
how do you choose and how do you use it? This class will give
you a chance to try out all kinds of carriers. *Facilitated by*
Slingbabies leaders at the FLC.
June 3, Oct. 7, 2010, Jan. 6, April 7, 2011

Massage – ahhhhh!

Learn techniques for pregnancy and labor.
Facilitated by Erin McKinney, CLA, CCE, LMT, at the FLC.
July 1, Nov. 4, 2010, Feb. 3, May 5, July 7, 2011

Please pre-register for the Active Birth series as well as
the Specialty Focus classes by calling The Family Life Center
at 465-0241. Please leave your name and phone number. Voila, you are
pre-registered! The Specialty Focus Classes are separate, stand-alone
evenings – please pay the facilitator personally each night.

A few more thoughts on the 8 week series:

You may join the 8-week series at any point and pick up any 8 classes,
in whatever order you want. We use movies, movement, discussion and
practice to learn and explore the issues of the evening. Handouts are
included in the fee and are plentiful!

**Make sure you don't miss the other groups and
services available for families at the Family Life
Center. See the calendar on back.
Call for more information (518)465-0241
or check our website
www.Familylifecenter-albany.org**