

ACTIVE BIRTH 8-WEEK SERIES Come to one or come to all, start at any point.

Tuesday Evenings – 6:30pm – 8:30pm. \$12 each evening or \$80 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.

Sept 2, Oct 28, 2008, Jan 6, March 3, April 28, 2009

Week 2 Support during the Childbearing Year

Making sure you're ecstatic about your care Provider and birth support.

Sept 9, Nov 4, 2008, Jan 13, March 10, May 5, 2009

Week 3 Active Birth

Moving and trusting your body in labor and birth. We will also focus on optimal baby positioning.

Sept 16, Nov 11, 2008, Jan 20, March 17, May 12, 2009

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.

Sept 23, Nov 18, 2008, Jan 27, March 24, May 19, 2009

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.

Sept 30, Nov 25, 2008, Feb 3, March 31, May 26, 2009

Week 6 Active Birth

Moving and trusting you body in labor and birth. We will pay particular attention to transition, pushing, birth and the golden hour—immediate postpartum.

Oct 7, Dec 2, 2008, Feb 10, April 7, June 2, 2009

Week 7 Breastfeeding, Co-Sleeping and Postpartum Issues

Learn about breastfeeding skills and support, about family sleeping choices, family adjustment, siblings, change, exercise, etc...

Oct 14, Dec 9, 2008, Feb 17, April 14, June 9, 2009

Week 8 Babies! Ok, Now What?

Diapering, baby carriers, finding a physician/care provider, etc...

Oct 21, Dec 16, 2008, Feb 24, April 21, June 16, 2009

SPECIALITY FOCUS NIGHTS - \$12 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

Sept 4, Nov 6, 2008, Jan 8, March 5, May 7, 2009

Massage – ahhhhhh!

Learn techniques for pregnancy and labor.

Facilitated by Erin McKinney, LMT

Oct 2, Dec 4, 2008, Feb 5, April 2, June 4, 2009

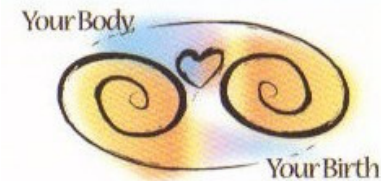
The Art of Babywearing

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 Courtney Hughes, OT, LMT (Saratoga Slings). at the Family Life Center.

NEW AT THE FLC! May 7, 2009 (again in the fall)

Please pre-register for the Active Birth series as well as the Specialty Focus classes by calling The Family Life Center at 465-0241. Leave your name and phone number and you will get a call back, but please come as soon as you can – don't wait for the call back! You may join the 8-week series at any point and pick up any 8 classes, in whatever order you want. The Specialty Focus Classes are separate stand-alone evenings – please pay the facilitator personally each night.

Make sure you don't miss the other groups and services available for families at the Family Life Center – Monthly La Leche League meetings, Mother-to-Mother gatherings, Chiropractic support, Parenting support, Prenatal Yoga, Shiatsu healing massage and more!



**Call for more information (518) 465-0241 or check our new website
www.familylifecenter-albany.org**