



Good Samaritan

Prepared Childbirth Classes | 2026



Gibault Memorial | OB Education Room (5th Floor)

5-Week Evening Series

6:00 - 8:00 PM

Session 1: **January 20, 27 • February 3, 10, 17**

Session 2: **April 14, 21, 28 • May 5, 12**

Session 3: **July 21, 28 • August 4, 11, 18**

Session 4: **September 15, 22, 29 • October 6, 13**

Saturday All-Day Classes

9:00 AM - 5:00 PM

March 21 • June 27 • August 8 • November 14

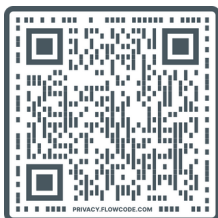
(All topics in one day • Lunch included)

What You'll Learn

- Third-Trimester & Comfort Measures
- Labor & Delivery Preparations
- Postpartum Recovery & Newborn Care
- Breastfeeding Basics (IBCLC Led)

Register Now

Scan to Register



or Call:
(812)890-8633

Additional Options

- Infant CPR Classes Available
- Private & One-on-One Sessions
- Unit Tours Anytime

What Each Session Covers

Class 1: Preparing for the Third Trimester

Please bring a pillow to this class.

Learn what to expect during the final weeks of pregnancy, common discomforts, and ways to manage them. This session also introduces relaxation and breathing techniques and includes a tour of the Labor & Delivery unit.

Class 2: Labor & Delivery

A detailed look at the stages of labor, what happens during delivery, and available pain management options to help you feel informed and confident.

Class 3: Postpartum Recovery

Focuses on what to expect after delivery, physical and emotional recovery, and how to care for yourself during the postpartum period.

Class 4: Newborn Care

Covers what to expect in the first days and weeks with your baby, including basic newborn care and adjustment at home.

Class 5: Breastfeeding Education

Led by our International Board Certified Lactation Consultant (IBCLC), this session provides breastfeeding education, tips, and support to help you get started with confidence.

Additional Class Options

Infant CPR

Available by request

- Approximately 30 minutes
- Call to arrange a date and time

Registration & Reminders

- Registration confirmation sent via text
- Reminder text sent prior to class start
- Saturday class reminders sent the day before

Need a different schedule or personalized instruction?

One-on-one sessions can be arranged.

Questions or Scheduling Needs? Contact:

Dawn Griggs, RNC-OB, PMH-C
Perinatal Navigator
(812) 890-8633