



Three Bears Club

Features & Benefits

- Prenatal Class Discount
- New Baby Gifts
- Lactation Consultants
- Breastfeeding Warmline (828-2952)
- Advance Hospital Registration
- Volunteer Doula Program

The Three Bears Club, part of the Women's Health practice at the VCU Medical Center, provides everything an expecting family needs, from prenatal classes to advanced pre-registration to breastfeeding assistance.

For more information about the Three Bears Club, please call 804-828-4634.

Directions

Main Hospital: Main Hospital is located on the MCV Campus in Downtown Richmond, 1200 E. Marshall Street. Please visit www.vcuhealth.org/upload/docs/NewVCUHSdirections%20and%20map.pdf for more detailed directions.

VCU Medical Center at Stony Point: Our Stony Point facility is located at 9000 Stony Point Parkway, next to the Stony Point Fashion Park. For more detailed directions, please go to www.vcuhealth.org/upload/docs/Locations/STONY%20POINT%20DIRECTIONS.pdf

General Information

Registration: Registration is required for all programs. To reserve your class space, obtain class dates, or receive more information, please call **(804) 828-4409**.

Waiting List: Seating for all classes is limited. We maintain waiting lists when classes are filled.

Cancellations: If you are unable to attend a class for which you have registered, please call **(804) 828-4409** so that we may contact the next person on the waiting list to take your place.

Schedule subject to change due to registration and availability.

Three Bears Club Members

Three Bears Club Members receive a discount (price indicated in parentheses) on all prenatal classes. You may register for classes individually or pay a one-time \$60 "package price" for all classes except for Daddy Boot Camp, which is a separate fee (scholarships are available).

If you are delivering at the VCU Medical Center, you are automatically a Three Bears Club Member.

Please call **(804) 828-4409** to register for classes.

Scholarships are available after completing a financial screening.

Mail Payment & Application To:

Diana Lambert, Practice Manager
Women's Health at the VCU Medical Center Nelson Clinic
P.O. Box 980034
Richmond, VA 23298-0034

Please make checks payable to VCU Health System

Questions

Contact Valerie Coleman at 828-4634 or by e-mail at vcoleman5@mcvh-vcu.edu

In case of inclement weather, please call (804) 828-9000 to confirm classes.



Family Life Education

2009 Class Schedule

Revised

**To register, call
(804) 828-4409
or 1-800-762-6161**

VCU Medical Center
Every Day, A New Discovery.

Healthy Beginnings Tour (Adults Only)

1 class • 1.5 hours • No Cost

Tour the Birthing Center so you'll know what to do and where to go when that special day arrives. This class is designed to be taken early in the pregnancy (approximately 18 weeks). Please meet in the lounge area across from the Three Bears Gift Shop in the Critical Care Hospital. Adults only.

Sundays – 2 to 3:30 p.m.

Location: Lounge area near Gift Shop in Critical Care Hospital
Dates: 1/11, 2/8, 4/19, 6/28, 7/26,
8/23, 10/25, 11/15, 1/10/2010

Mondays – 7 to 8:30 p.m.

Location: Lounge area near Gift Shop in Critical Care Hospital
Dates: 3/9, 5/4, 9/14, 12/14

Childbirth Preparation (Adults Only)

4 classes • 2 hours each • \$60/couple (\$40♦) or 1 Saturday class • 7 hours • \$60/couple (\$40♦)

Increases confidence and knowledge of the childbirth experience. Teaches signs and stages of labor, relaxation and breathing techniques, labor and delivery options, and helpful hints on going home after delivery. **Instructions:** Bring partner (support person), two pillows, and blanket, and wear comfortable clothes (women's slacks, not dresses).

Wednesdays – 7 to 9 p.m.

Location: Women's Health Center at Stony Point
Dates: 1/7-1/28, 3/4-3/25, 6/17-7/8,
9/9-9/30, 10/28-11/18, 1/6/10-1/27/2010

Thursdays – 7 to 9 p.m.

Location: Main Hospital, 8th Floor, Room 8-210
Dates: 2/5-2/26, 4/16-5/7, 8/13-9/3, 12/3-12/17*

***Please Note:** Due to the holidays, this has been changed from four classes to three, each lasting 2.5 hours, from 7 to 9:30 p.m.

Saturdays – 9 a.m. to 4 p.m.**

Location: Women's Health Center at Stony Point
Dates: 2/7, 5/30, 11/14

Saturdays – 9 a.m. to 4 p.m.**

Location: Main Hospital, 8th Floor, Room 8-210
Dates: 3/14, 7/18, 9/26

****Please Note:** The course offered on Saturday is a condensed format for those who cannot attend one of the weekday series. Please bring a lunch and a snack.

Breastfeeding Class (Adults Only)

1 class • 2 hours • \$15 (\$10♦)

Teaches the benefits of breastfeeding for mother and baby with helpful hints and suggestions from lactation consultants. Provides information on breastfeeding techniques and common problems mothers encounter while breastfeeding.

Tuesdays – 2 to 4 p.m.

Location: MCV Centering Classroom, Nelson Clinic, 5th Floor
Dates: 3/31, 6/30, 9/29

Wednesdays – 7 to 9 p.m.

Location: Women's Health Center at Stony Point
Dates: 2/18, 4/8, 7/29, 10/7, 12/2

Thursday – 7 to 9 p.m.

Location: Main Hospital, 8th Floor, Room 8-210
Dates: 6/11, 11/5, 1/28/2010

Saturdays – 12:30 to 2 p.m.**

Location: Women's Health Center at Stony Point
Dates: 1/10, 6/27, 9/5, 1/9/2010

****Please Note:** Please bring a lunch if you are attending both the Breastfeeding and Newborn Parenting classes.

Newborn Parenting (Adults Only)

2 classes • 2 hours each • \$30 (\$20♦) or 1 Saturday class • 3 hours • \$30 (\$20♦)

Discusses normal newborn appearance and abilities, safety, and daily care activities, such as feeding, changing, dressing, bathing, parenting styles and discipline.

Wednesdays – 7 to 9 p.m.

Location: Women's Health Center at Stony Point
Dates: 2/4-2/11, 4/15-4/22, 7/15-7/22, 10/14-10/21

Thursdays – 7 to 9 p.m.

Location: Main Hospital, 8th Floor, Room 8-210
Dates: 3/19-3/26, 5/21-5/28, 9/17-9/24, 11/12-11/19

Saturdays – 9 a.m. to 12:30 p.m.**

Location: Women's Health Center at Stony Point
Dates: 1/10, 6/27, 9/5, 1/9/2010

****Please Note:** Please bring a lunch if you are attending both the Breastfeeding and Newborn Parenting classes.

♦ Three Bears Club discount price (see back for details)

Breastfeeding Support Group

Tuesdays – 3 to 4 p.m.

Location: MCV Centering Classroom, Nelson Clinic, 5th Floor
Dates: 2/3, 3/3, 4/7, 5/5, 6/2, 7/7, 8/4, 9/1, 10/6, 11/3, 12/1

Location:

Women's Health Center at Stony Point
Dates: 1/20, 2/17, 3/17, 4/21, 5/19, 6/16, 7/21, 8/18, 9/15,
10/20, 11/17

Daddy Boot Camp (Men Only)

1 class • 3 hours • \$25 (Scholarships available)

Workshop for men, taught by men, dealing with all the new experiences for first-time fathers.

To register for Daddy Boot Camp, call 804-288-3431.

Saturdays – 9 a.m. to 12 p.m.

Location: Women's Health Center at Stony Point
Dates: 2/21, 6/20, 10/24

Saturdays – 9 a.m. to 12 p.m.

Location: Main Hospital, 8th Floor, Room 8-210
Dates: 4/4, 8/29, 12/12

Infant CPR (Adults Only)

1 class • 2 hours • \$15 (10♦)

Instructs expectant parents on the basics of infant CPR through hands-on practice with baby dolls. **No certificate given.**

Tuesdays – 7 to 9 p.m.

Location: Main Hospital, 8th Floor, Room 8-210
Dates: 3/10, 6/9, 9/8, 12/08

Location:

Women's Health Center at Stony Point
Dates: 1/13, 2/10, 4/14, 5/12, 7/14, 8/11,
10/13, 11/10, 1/12/2010

Car Seat Safety

1 class • 2 hours • No Cost

Install your child safety seat and schedule an inspection for correct placement and individualized safety check by a certified specialist. **Call (804) 628-2077 to register for this class.**

Saturdays – 10 a.m. to 12 p.m.

Location: 1st Level of "D" Deck Parking Garage,
13th and Marshall Streets (at the bottom of the hill)
Dates: 1/10, 4/18, 9/12, 11/7