



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.

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).

You can become a member of the Three Bears Club by completing the application and pre-registration forms available at your prenatal care site. Please call **(804) 828-4409** to register for classes.

Scholarships are available after completing a financial screening and Three Bears Club pre-registration form.

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

2008 Class Schedule

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

Provides information to enhance the health and safety of mother, baby and family. Educates expectant parents on what to do when that special day arrives. This class is designed to be taken early in the pregnancy at approximately 18 to 20 weeks. All classes are held in Main Hospital. Please go to the first floor information desk upon your arrival.

Sundays – 2 to 3:30 p.m.

Location: Main Hospital, 1st Floor (near flower machine)

Dates: 1/6, 2/10, 4/27, 5/18, 6/29,
8/24, 9/7, 11/16, 1/11/09

Mondays – 7 to 9 p.m.

Location: Main Hospital, 1st Floor (near flower machine)

Dates: 3/10, 7/21, 10/20, 12/1

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, stress management skills (relaxation and breathing techniques), comfort measures, 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: 1/9-1/30, 3/12-4/2, 6/4-6/25,
9/24-10/15, 1/7/09-1/28/09

Thursdays – 7 to 9 p.m.

Location: Main Hospital, 8th Floor, Room 8-210

Dates: 4/10-5/1, 8/7-8/28, 12/4-12/18*

***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: 2/9, 7/19, 11/15

****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.

Wednesdays – 7 to 9 p.m.

Location: Women's Health Center at Stony Point

Dates: 3/5, 5/21, 7/9, 9/17, 11/5, 12/3

Saturdays – 12:30 to 2:30 p.m.**

Location: Women's Health Center at Stony Point

Date: 1/5, 4/26, 8/23, 1/10/09

****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, and bathing.

Wednesdays – 7 to 9 p.m.

Location: Women's Health Center at Stony Point

Dates: 2/20-2/27, 7/16-7/23,

Thursdays – 7 to 9 p.m.

Location: Main Hospital, 8th Floor, Room 8-210

Date: 5/22-5/29, 11/13-11/20

Saturdays – 9 a.m. to 12 p.m.**

Location: Women's Health Center at Stony Point

Date: 1/5, 4/26, 8/23, 1/10/09

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

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, including care for the new baby, care for the new mom, finances, diapering and conflicting advice.

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: 2/16, 6/21, 10/18

Saturdays – 9 a.m. to 12 p.m.

Location: Main Hospital, 8th Floor, Room 8-210

Date: 4/19, 8/16, 12/20

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

Date: 4/8, 8/12, 12/9

Location: Women's Health Center at Stony Point

Dates: 1/8, 2/12, 3/11, 5/13, 6/10 7/8,
9/9, 10/14, 11/11, 1/13/09

Car Seat Safety

1 class • 2 hours • No Cost

Install your child safety seat in your car 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: 1/12, 4/12, 9/13, 11/15

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