

# **PREGNANT? DELIVERING AT BELLEVUE WOMAN'S CENTER? WANT TO LEARN MORE?**

**Preparing for the birth of your baby takes a lot of work and planning. Bellevue Woman's Center offers classes to help prepare you and your family for the birthing experience and the care of your newborn.**

## **Classes Available:**

- All About Infants
- Breastfeeding Preparation
- Prepared Childbirth
- Infant Safety & CPR
- Returning to Work While Breastfeeding
- Introduction to Pumping and Exclusive Pumping Support

## **Support Groups:**

- Breastfeeding Support Group
- After the Loss (Infant Loss Bereavement)
- Navigating Pregnancy and New Motherhood Mood and Anxiety Disorders
- NICU Family Support Group and Beyond



Sign up now for your  
Maternity Tour & education classes  
on our website!

[www.BellevueDelivers.com](http://www.BellevueDelivers.com)

**BELLEVUE  
WOMAN'S  
CENTER**  
ELLIS MEDICINE