



Birth and Beyond

A Healthy Start for New Families

Welcoming a new baby to your home is exciting. With all that's changing, you may have a lot of questions. The Family Resource Center, First 5 Del Norte, Sutter Coast Hospital, and Building Healthy Communities are proud to provide education and support from pregnancy through the first year of your baby's life. Birth and Beyond is a program designed to answer some of your questions, and connect you with other local families.

Give your family a healthy start - join one of our classes!

Awaiting Arrival

Prenatal Classes

A six week course before your baby is born:

Includes a tour of Sutter Coast's Family Birth Center!

Learn about birthing and breathing techniques, breastfeeding and labor, and infant and personal care from experienced nurses!

Incredible Infants

Parent Support Classes

A six week course after your baby is born:

Learn about infant CPR, developmental milestones, and the benefits and risks of immunization!

Connect with other local families in a supportive, baby-friendly environment!

For more information, call the Del Norte Family Resource Center at 707.464.5500

494 Pacific Ave. Crescent City

\$30 fee covers all classes and materials. Check or money orders only. Fee waivers available upon request.

Connect with us on Facebook! www.facebook.com/BirthisandBeyondDelNorte



Sutter Coast
Hospital
A Sutter Health Affiliate

