

The Family Birth Place

2026 perinatal and community classes

January–June

The Family Birth Place offers several classes to help you prepare for the birth of your baby. All classes are free and open to all patients. All classes are held in person in the Marrero Classroom at West Jefferson Medical Center. Pre-registration is required!

Early Prenatal Health and Wellness

In depth discussion of nutrition and healthy habits for the 1st and 2nd trimester expecting mom. Learn safe stretching and pregnancy yoga positions for the changing pregnant body.

Thursdays: 6–8 pm

January 15	April 9
February 19	May 14
March 12	June 18

Labor, Birth, and Beyond

Learn what to expect during labor, delivery, and postpartum. Hands on pain management and breathing exercises. Includes tour of The Family Birth Place.

Saturdays: 9 am–1 pm

January 17	April 4
February 21	May 16
March 14	June 20

Caring for Your Newborn

Provides information and skills for the first hours, weeks, and months of new parenthood.

Saturdays: 9–11 am

January 24	April 18
February 28	May 23
March 21	June 27

Infant and Child Safety and CPR

Strategies for preparing a safe environment for the family, including choking and CPR Instruction. Grandparents and caregivers encouraged to attend with parents.

Saturdays: 11:15 am–Noon

January 24	April 18
February 28	May 23
March 21	June 27

Breastfeeding Basics

Hands on instruction of the hows and whys of breastfeeding.

Thursdays: 6–8 pm

January 22	April 16
February 26	May 21
March 19	June 25

Breastfeeding SOS

Private consultation for struggling moms and babies learning to breastfeed.

Lila Luster–Stipe, RN, IBCLC
504.349.6004

Shannen Winfield, RN, CLC
504.349.1301

Sibling T.L.C.

For children three years and older. Prepares them for arrival of the family's new baby.

Saturdays: 1–2 pm

January 10	April 11
February 7	May 9
March 7	June 6

The Complicated Pregnancy

Private and group seminars providing comprehensive and detailed instruction and support for obstacles arising during pregnancy. Topics include: Gestational Hypertension and Preeclampsia, Gestational Diabetes Mellitus, Pregnancy After Loss, Expecting Twins and Multiples, and Skills for Teen Parents.

Thursdays: 10 am–Noon

January 15 & 22	April 9 & 16
February 12 & 19	May 14 & 21
March 12 & 19	June 18 & 25



Scan the QR code to learn more about The Family Birth Place

Sign up for our classes today!

504.349.6200

or email: shannen.winfield@LCMChhealth.org

25-34405

West Jefferson
Medical Center
LCMC Health

Beyond Birth: 4th Trimester Support Circle

Engage with other parents while discussing the ups and downs of postpartum and new parenthood.

Thursdays: 6-8 pm

January 8	April 2
February 5	May 7
March 5	June 4

The Parenting Center's Snuggles & Struggles

Free weekly hybrid support group providing learning opportunities and socialization for new parents and babies. Held at Manning Family Children's and virtually.

Register at:
manningchildrens.org/snuggles
or call 504.896.9591.

Hybrid group: Virtual or in-person

Tuesdays: 10:30-11:30am

Baby and Me Newborn Massage Class

Group workshop focusing on nurturing touch and strengthening the bond between parent and baby aged three to six months

Thursdays: 10-11:30 am

January 8	April 2
February 5	May 7
March 5	June 4

Starting Solids: Baby-led Feeding and Making Baby Food at Home

Interactive workshop teaching the basics of introducing food to baby and how to prepare your own baby food.

Thursdays: 6-8 pm

January 29	April 30
February 12	May 28
March 26	June 11

Grandparents Gathering

Meet in the West Jefferson Cafe for a breakfast refresher course on the care of a newborn and navigating your new role as a grandparent. Breakfast options range in price from \$2-\$10.

Thursdays: 9am

January 29	April 30
February 26	May 28
March 26	June 11

Mother-Daughter Brunch

Workshop for mothers and their daughters ages 8-13. Focus on building a strong relationship between mother and daughter while discussing the social, physical, and emotional changes of puberty. Brunch provided.

Saturdays: 9 am-Noon

January 10	April 11
February 7	May 9
March 7	June 6

