

Where are the Classes Held?

Family Partnership
8420 Gas House Pike
Suite EE
Frederick MD 21701

Class Schedule

July 9,16,23,30 2014

September 3,10,17,24 2014

November 5,12,19,24 2014

January 7,14,21,28 2015

March 4,11,18,25 2015

May 6,13,20,27 2015

***Great Classes
for Great Girls!***

Classes Sponsored By:

Family Partnership, Families
Plus, & Frederick County
Health Department

Frederick County Health Department
Division of Community Health Services

MATERNAL CHILD HEALTH

301-600-1733



350 Montevue Lane
Frederick, Maryland 21702

The Frederick County Health Department provides services to all citizens of Frederick County regardless of gender, race, color, creed, physical ability, religion, national origin or any other socially constructed difference.

Department of Health and Mental Hygiene

1-877-463-3464



Fax: 301 600-3662
www.FrederickCountyMD.gov/MCH

FCHD 4/22/2014

Are you or
someone you know

pregnant?

AGE 21 OR
UNDER



CHECK OUT OUR FREE
TEEN CHILDBIRTH
EDUCATION CLASSES

Teen Child Birth Education Classes Are...

- Open to all pregnant women age 21 or under
- A series of 4 classes
- Held every other month on 4 back-to-back Wednesday evenings from 6-8 pm
- Completely FREE
- Nonjudgmental
- Fun and the atmosphere is comfortable
- Coaches are encouraged and welcome but not required
- Everyone is in a similar age group and pregnancy stage

You Will Learn About...

- Labor
- Delivery
- Feeding your baby
- Caring for your newborn
- And to answer any question you may have



**CALL BARB AT
301-600-3472
FOR REGISTRATION
OR QUESTIONS**

Comments From Others About the Class...

- Labor and delivery nurses said, “the girls who took the classes were better prepared and less nervous”.
 - “...I would definitely recommend taking the classes”
 - “...Class felt like a group of friends talking”
 - “...Felt more confident taking care of my new baby”
 - “...The class improved my birth experience”
 - “...I learned a lot about breast feeding”
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