Recommended to complete all childbirth prep classes by your 37th week of pregnancy	Preconception	Pregnancy			Postpartum				
		Ist Trimester	2nd Trimester	3rd Trimester	Birth	Fourth Trimester	Pre-walkers	Walkers	Movers & More
	Weeks	1 - 14	15 - 28	28 - 40	Estimated Due Date 39 - 42	1 - 12	4 - 8 months	8 - 18 months	18 months - 3+ yrs
0-8 month Parent Baby Group (pre-walkers)						X	X		
8 months - 3 yrs Parent Baby Group									X
Adult & Infant CPR	X	X	X	X	X	X	X		X
Baby Care			X	X					
Baby Sign Language Playgroups				X	X	X	X		
Babywearing Clinic						X	X		X
Babywearing Essentials		X	X	X	X				
Back to You: Yoga & Fitness	X					X	X		X
Birth After Cesarean		X	X	X	X				
Blossom Childbirth Prep Series			X	X					
Blossom Co-working						X	X		X
Breastfeeding Connections						X	X		X
Breastfeeings Basics			X	X	X				
Childbirth Prep Intensive			X	X	X				
Childbirth Prep Refresher			X	X	X				
Comfort Measures for an Easier Birth			X	X	X				
Core & Pelvic Floor Postpartum Healing Workshop						X	X		X
Cultural Support Groups	X	X	X	X	X	X	X		X
Dads Labor Prep			X	X	X				
Doula Q&A	X	X	X						
Early Parenting Sleep Support Group						X	X		
Explore Childbirth Prep and Baby Classes	X	X	X						
Fetility Yoga	X						X		X
Hypnobirthing			X	X					
Intro to Baby Sign Language	X	X	X	X		X	X		X
Intro to Infant Massage (up to 6 months)						X			
Massage for Movers								X	X
Mom & Baby Yoga						X	X		
Natural Childbirth Prep		X	X	X					
Navigating Pregnancy	X	X							
Pre/postnatal Yoga	X	X	X	X		X	X	X	X
Pregnancy & Postpartum Moods and Challenges		X	X	X		X	X	X	X
Private class instruction	X	X	X	X	X	X	X	X	X
Register for Childbirth Prep Classes		X	X						
Reserve Birth Support Supplies			X	X					
Toddler & Me Yoga								X	X
Toddler Signs Playgroup								X	X