

Childbirth Classes

- It is recommended that all our patients take a prenatal class before 30 weeks gestation.
- It is also recommended that all our patients take a childbirth class between 30-36 weeks gestation.
- If you are interested in natural childbirth, VBAC, or planned cesarean, please discuss specific recommendations with your provider.

Local Educational Resources

(additional information available by request)

- **Clarissa Brown** *Lamaze Certified Childbirth Educator and CAPPA certified Labor Doula*
256-447-5160 • northeastalabamafamilybirth.com

Lamaze Childbirth Classes

Planned Cesarean Class

Vaginal Birth After Cesarean Class

- **Justine Cain** *The Bradley Method of Natural Childbirth*
256-365-6308 • justine_c638@bradleyteacher.com

- **Northeast Alabama Regional Medical Center**

256-235-5132

Stork School, Prenatal Class, Childbirth Class, New Sibling Class