


August 2026 NMCP Prenatal Classes (In-Person) upd 30Jun2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6	7
To Schedule Prenatal Classes call: NMCP Women's Health at 757-953-4300 . Classes should be scheduled in the 3 rd trimester (28+ weeks).	Military Leave	Military Leave	Military Leave	Military Leave	Military Leave
9	10	11	12	13	14
Prenatal <u>classes/tours</u> are held in the OB-GYN (Magann) Conference Room located in front of the OB-GYN (Women's Health clinic), Bldg. 2, 4th Floor.	Military Leave	Military Leave	Military Leave	Military Leave **1200-1330 NMCRS <i>Budget for Baby</i>	Military Leave
16	17	18	19	20	21
In person classes/tours have limited seats and require pre-scheduling. No walk-ins can be accommodated. One adult healthy support person may attend with you, NO children please.	1000-1130 Stages of Labor 1400-1530 Natural Comfort Measures 1700-1815 Labor and Delivery Tour	* **1300-1430 NMCRS <i>Breastfeeding Basics</i>	1000-1130 Medical Interventions 1300-1430 Postpartum	*	1000-1200 Baby Basics **1400-1530 NMCRS <i>Budget for Baby Virtual</i>
23	24	25	26	27	28
**The Navy Marine Corps Relief Society (NMCRS) offers Budget for Baby virtual and in-person. Call 757-953-5956 to schedule and for room location.	1000-1130 Postpartum 1300-1430 C-section Education 1600-1800 Baby Basics	*	1000-1130 Natural Comfort Measures 1300-1430 Stages of Labor 1700-1815 Labor and Delivery Tour	* **1200-1330 NMCRS <i>Budget for Baby</i>	
30	31	1	2	3	4
 SCAN ME	Scan the QR code to go to the NMCP website for class descriptions and virtual class information.	1000-1130 Stages of Labor 1400-1530 Medical Interventions 1700-1815 Labor and Delivery Tour	*	1000-1200 Baby Basics *	*

NMCP website: <https://portsmouth.tricare.mil/Health-Services/Womens-Health/Obstetrics/Prenatal-Classes> Scan QR Code to go to the website. Visit online to review current schedules, class descriptions and virtual prenatal class schedules/registration. Please take Stages of Labor class first in the series.