


December 2025 NMCP Prenatal Classes (In-person) last upd:18nov25

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
30	1	2	3	4	5
To Schedule Prenatal Classes call: NMCP Women's Health at 757-953-4300 . Classes should be scheduled in the 3 rd trimester.	1000-1130 Stages of Labor 1300-1430 Natural Comfort Measures	1500-1700 Baby Basics	1000-1130 Medical Interventions 1300-1430 Postpartum 1700-1815 Labor and Delivery Tour	<i>Virtual Classes</i>	<i>Virtual Class</i>
7	8	9	10	11	12
Prenatal classes/tours are held in the OB-GYN (Magann) Conference Room located in front of the OB-GYN (Women's Health clinic), Bldg. 2, 4th Floor.	1000-1130 Postpartum 1300-1430 C-Section Education	<i>Virtual Class A.M.</i> 1400-1600 Baby Basics <i>Virtual Class P.M.</i>	1000-1130 Natural Comfort Measures 1400-1530 Stages of Labor 1700-1815 Labor and Delivery Tour	<i>Virtual Classes A.M.</i> **1330-1500 NMCRS Budget for Baby 1700-1815 Labor and Delivery Tour	<i>Virtual Class</i>
14	15	16	17	18	19
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.	<i>Virtual Class A.M.</i> 1500-1630 Natural Comfort Measures	**1300-1430 NMCRS Breastfeeding Basics 1500-1700 Baby Basics	1000-1130 Stages of Labor 1300-1430 Medical Interventions	<i>Virtual Classes A.M.</i> 1700-1815 Labor and Delivery Tour	<i>Virtual Classes</i>
21	22	23	24	25	26
**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 Stages of Labor 1400-1430 Natural Comfort Measures 1700-1815 Labor and Delivery Tour	<i>Virtual Class A.M.</i> 1400-1600 Baby Basics	Christmas Eve	Christmas Day	
28	29	30	31	1	2
 Scan the QR code to go to the NMCP website for additional class information.	<i>Virtual Classes</i>	<i>Virtual Classes</i>	New Year's Eve	New Year's Day	

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. Please take Stages of Labor class first in the series.