


# August 2025 Prenatal Classes updated 7jul2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
27	28	29	30	31	1
 <p>Scan the QR code to go to the NMCP website for more information.</p> <p>SCAN ME</p>					
3	4	5	6	7	8
To Schedule Prenatal Classes call: NMCP Women's Health at <b>757-953-4300</b> . Classes should be scheduled in the 3 <sup>rd</sup> trimester.		<b>1000-1100 Perinatal Support Group</b> <b>1130-1230 Postpartum Support Group</b>		<b>**1330-1500 NMCRS</b> <i>Budget for Baby</i>	
10	11	12	13	14	15
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), <b>Bldg. 2, 4<sup>th</sup> Floor</b> .	<b>1000-1130 Stages of Labor</b> <b>1300-1430 Medical Interventions</b>	<i>Virtual Class A.M.</i> <b>1300-1500 Baby Basics</b>	<b>1000-1130 Natural Comfort Measures</b> <b>1300-1430 Postpartum</b> <b>1700-1815 Labor and Delivery Tour</b>	<i>Virtual Class</i>	<i>Virtual Classes</i>  <b>**1400-1530 NMCRS Budget for Baby Virtual</b>
17	18	19	20	21	22
In person classes/tours have limited seats and require pre-scheduling. No walk-ins can be accommodated. <b>One adult</b> healthy support person may attend with you, <b>NO</b> children please.	<b>1000-1130 Postpartum</b> <b>1300-1430 Stages of Labor</b>	<b>1000-1100 Perinatal Support Group</b> <b>1130-1230 Postpartum Support Group</b> <b>**1300-1430 NMCRS Breastfeeding Basics</b> <i>Virtual Class Afternoon</i>	<b>1000-1130 C-Section Education</b> <b>1300-1430 Natural Comfort Measures</b> <b>1700-1815 Labor and Delivery Tour</b>	<i>Virtual Classes</i>  <b>**1330-1500 NMCRS Budget for Baby</b>	<b>1000-1200 Baby Basics</b>  <i>Virtual Class Afternoon</i>
24	25	26	27	28	29
<b>**The Navy Marine Corps Relief Society (NMCRS)</b> offers Budget for Baby and Breastfeeding Basics, virtual and in-person. Call <b>757-953-5956</b> to schedule and for room location.	<b>1000-1130 Natural Comfort Measures</b> <b>1300-1430 Medical Interventions</b>	<i>Virtual Classes</i>	<b>1000-1130 Stages of Labor</b> <b>1300-1430 Postpartum</b> <b>1700-1815 Labor and Delivery Tour</b>	<i>Virtual Class</i>	

NMCP website: <https://portsmouth.tricare.mil/Health-Services/Womens-Health/Obstetrics/Prenatal-Classes> Scan QR Code to go to the website for the most current information. Visit online to review class descriptions, support group information and virtual prenatal class schedules.