

February 2026 NMCP Prenatal Classes (In-person) upd20jan2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5	6
To Schedule Prenatal Classes call: NMCP Women's Health at 757-953-4300 . Classes should be scheduled in the 3 rd trimester (28+ weeks).	1000-1130 Stages of Labor 1300-1430 Postpartum	<i>Virtual Classes</i> 1500-1700 Baby Basics	1000-1130 Natural Comfort Measures	<i>Virtual Classes A.M.</i> 1700-1815 Labor and Delivery Tour	<i>Virtual Classes A.M.</i>
8	9	10	11	12	13
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 .	1000-1130 Medical Interventions 1300-1430 Postpartum	<i>Virtual Classes A.M.</i> 1600-1800 Baby Basics	1000-1130 Stages of Labor	<i>Virtual Classes A.M.</i> 1400-1530 C-section Education 1700-1815 Labor and Delivery Tour	1000-1130 Natural Comfort Measures **1400-1530 NMCRS Budget for Baby <i>Virtual</i>
15	16	17	18	19	20
In person classes/tours have limited seats and require pre-scheduling. No walk-ins can be accommodated. <u>One adult</u> healthy support person may attend with you, <u>NO</u> children please.	Presidents' Day	<i>Virtual Classes A.M.</i> **1300-1430 NMCRS Breastfeeding Basics 1600-1730 Natural Comfort Measures	1000-1200 Baby Basics	<i>Virtual Classes A.M.</i> **1200-1330 NMCRS Budget for Baby 1400-1530 Stages of Labor 1700-1815 Labor and Delivery Tour	<i>Virtual Classes</i>
22	23	24	25	26	27
** 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 Medical Interventions	<i>Virtual Classes</i> 1600-1800 Baby Basics	1000-1130 Natural Comfort Measures 1400-1530 Stages of Labor	**1200-1330 NMCRS Budget for Baby 1700-1815 Labor and Delivery Tour	1000-1130 C-Section
1	2	3	4	5	6
 SCAN ME	Scan the QR code to go to the NMCP website for additional class information.				

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.