


January 2026 NMCP Prenatal Classes (In-Person) upd 2dec2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1	2
To Schedule Prenatal Classes call: NMCP Women's Health at 757-953-4300 . Classes should be scheduled in the 3 rd trimester (28+ weeks).	<i>Virtual Classes</i>	<i>Virtual Classes</i>	New Year's Eve	New Year's Day	
4	5	6	7	8	9
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 Stages of Labor 1300-1430 Medical Interventions	<i>Virtual Classes A.M.</i> **1200-1330 <i>NMCRS</i> <i>Budget for Baby</i> 1600-1800 Baby Basics	1000-1130 Postpartum	<i>Virtual Classes A.M.</i> 1400-1530 C-section Education 1700-1815 Labor and Delivery Tour	1000-1130 Natural Comfort Measures
11	12	13	14	15	16
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 Medical Interventions 1300-1430 Natural Comfort Measures	<i>Virtual Classes</i>	1000-1200 Baby Basics	<i>Virtual Classes A.M.</i> 1400-1530 Stages of Labor 1700-1815 Labor and Delivery Tour	**1400-1530 <i>NMCRS</i> <i>Budget for Baby Virtual</i>
18	19	20	21	22	23
**The Navy Marine Corps Relief Society (<i>NMCRS</i>) offers Budget for Baby virtual and in-person. Call 757-953-5956 to schedule and for room location.	Martin Luther King Day	<i>Virtual Classes A.M.</i> **1300-1430 <i>NMCRS</i> <i>Breastfeeding Basics</i> 1600-1800 Baby Basics	1000-1130 Natural Comfort Measures	<i>Virtual Classes A.M.</i> **1200-1330 <i>NMCRS</i> <i>Budget for Baby</i> 1400-1530 Medical Interventions 1700-1815 Labor and Delivery Tour	1000-1130 C-Section Education 1300-1430 Postpartum
25	26	27	28	29	30
 <p>Scan the QR code to go to the NMCP website for additional class information.</p> <p>SCAN ME</p>	1000-1130 Stages of Labor 1300-1430 Medical Interventions 1600-1730 Postpartum	<i>Virtual Classes A.M.</i> 1700-1815 Labor and Delivery Tour			

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.

