


June 2025 NMCP Prenatal Classes (in-person) upd 13may2025

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.	1000-1130 Stages of Labor 1300-1430 Natural Comfort Measures	1000-1100 Perinatal Support Group 1130-1230 Postpartum Support Group 1600-1800 Baby Basics	1000-1130 Postpartum 1300-1430 Medical Interventions 1530-1645 Labor and Delivery Tour	<i>Virtual Classes</i> **1330-1500 NMCRS <i>Budget for Baby</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 Stages of Labor	<i>Virtual Classes</i>	1000-1130 Natural Comfort Measures 1300-1430 C-Sections	1700-1815 Labor and Delivery Tour	<i>Virtual Classes</i> **1400-1530 NMCRS <i>Budget for Baby 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.	1000-1130 Stages of Labor 1300-1430 Natural Comfort Measures	1000-1100 Perinatal Support Group 1130-1230 Postpartum Support Group **1300-1430 NMCRS Breastfeeding Basics 1600-1800 Baby Basics	1000-1130 Postpartum 1400-1515 Labor and Delivery Tour	Juneteenth	<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	1300-1500 Baby Basics 1600-1715 Labor and Delivery Tour	1000-1130 Natural Comfort Measures 1300-1430 Stages of Labor	**1330-1500 NMCRS <i>Budget for Baby</i> 1700-1815 Labor and Delivery Tour	<i>Virtual Classes</i>
29	30	1	2	3	4
 <p>Scan QR code to go to NMCP website with current schedules and course descriptions.</p> <p>SCAN ME</p>	1000-1130 Stages of Labor 1300-1430 Natural Comfort Measures	1000-1100 Perinatal Support Group 1130-1230 Postpartum Support Group 1600-1800 Baby Basics	1000-1130 Postpartum 1300-1430 Medical Interventions 1700-1815 Labor and Delivery Tour	<i>Virtual Classes</i>	Independence Day

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