


March 2025 NMCP Prenatal Classes (In-Person) upd31jan25

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6	7
To Schedule Prenatal Classes call: NMCP Women's Health at 757-953-4300 . Classes should be scheduled in the 3 rd trimester.	1000-1130 Natural Comfort Measures 1300-1430 C-Sections	1000-1100 Perinatal Support Group 1130-1230 Postpartum Support Group 1600-1800 Baby Basics	1000-1130 Medical Interventions 1400-1500 Labor and Delivery Tour	<i>Virtual Classes</i>	
9	10	11	12	13	14
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 Stages of Labor 1300-1430 Medical Interventions	1500-1700 Baby Basics	1000-1130 Postpartum 1300-1430 Natural Comfort Measures	**1330-1500 NMCRS <i>Budget for Baby</i> 1700-1800 Labor and Delivery Tour	<i>Virtual Classes</i>
16	17	18	19	20	21
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.		1000-1100 Perinatal Support 1130-1230 Postpartum Support Group **1300-1430 NMCRS <i>Breastfeeding Basics</i> 1500-1600 Labor and Delivery Tour	1000-1130 Natural Comfort Measures 1330-1530 Baby Basics	<i>Virtual Classes</i>	<i>Virtual Class</i> **1400-1530 NMCRS <i>Budget for Baby</i> <i>Virtual</i>
23	24	25	26	27	28
**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 1300-1430 Medical Interventions	<i>Virtual Classes</i>	1000-1130 C-Sections 1300-1430 Postpartum	**1330-1500 NMCRS <i>Budget for Baby</i> 1700-1800 Labor and Delivery Tour	<i>Virtual Class</i>
30	31	1	2	3	4
	1000-1130 Natural Comfort Measures 1300-1430 Stages of Labor	1000-1100 Perinatal Support Group 1130-1230 Postpartum Support Group 1600-1800 Baby Basics	1000-1130 Postpartum 1300-1430 Medical Interventions	1400-1500 Labor and Delivery Tour	<i>Virtual Classes</i> 

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

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