

NMCP March 2026 (In-Person) Prenatal Class upd 5feb2026

| 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 1300-1430 Medical Interventions | <i>Virtual Classes</i> **1200-1330 NMCRS <i>Budget for Baby</i> 1700-1815 Labor and Delivery Tour | |
| 8 | 9 | 10 | 11 | 12 | 13 |
| 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 Medical Interventions 1300-1430 Stages of Labor | <i>Virtual Classes</i> 1600-1730 Natural Comfort Measures | 1000-1200 Baby Basics 1400-1530 C-section Education | 1400-1530 Postpartum 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. One adult healthy support person may attend with you, NO children please. | 1000-1130 Postpartum 1300-1430 Medical Interventions | <i>Virtual Classes</i> **1300-1430 NMCRS <i>Breastfeeding Basics</i> 1600-1800 Baby Basics | 1000-1130 Stages of Labor 1300-1430 Natural Comfort Measures | <i>Virtual Classes</i> **1200-1330 NMCRS <i>Budget for Baby</i> 1700-1815 Labor and Delivery Tour | |
| 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 C-Section 1300-1430 Stages of Labor | <i>Virtual Classes</i> 1500-1700 Baby Basics | 1000-1130 Natural Comfort Measures 1300-1430 Medical Interventions | <i>Virtual Classes</i> 1700-1815 Labor and Delivery Tour | |
| 29 | 30 | 31 | 1 | 2 | 3 |
|  SCAN ME Scan the QR code to go to the NMCP website for additional class information | 1000-1130 Stages of Labor 1300-1430 Postpartum | <i>Virtual Classes</i> 1600-1800 Baby Basics | 1000-1130 Medical Interventions 1300-1430 Natural Comfort Measures | <i>Virtual Classes</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.