


May 2026 NMCP Prenatal Classes (In-Person) upd 31mar2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	29	30	1
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 Medical Interventions	1500-1700 Baby Basics	1000-1130 Postpartum 1300-1430 Natural Comfort Measures	1700-1815 Labor and Delivery Tour	*
3	4	5	6	7	8
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 Postpartum	1600-1800 Baby Basics	1000-1130 Natural Comfort Measures 1330-1500 C-section Education	* **1200-1330 NMCRS <i>Budget for Baby</i> 1700-1815 Labor and Delivery Tour	
10	11	12	13	14	15
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 Natural Comfort Measures 1300-1430 Stages of Labor	1500-1700 Baby Basics	1000-1130 Postpartum 1300-1430 Medical Interventions	1700-1815 Labor and Delivery Tour	**1400-1530 NMCRS <i>Budget for Baby Virtual</i>
17	18	19	20	21	22
**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 Natural Comfort Measures	* **1300-1430 NMCRS <i>Breastfeeding Basics</i> 1600-1800 Baby Basics	1 000-1130 Stages of Labor 1300-1430 Medical Interventions	* **1200-1330 NMCRS <i>Budget for Baby</i> 1700-1815 Labor and Delivery Tour	
24	25	26	27	28	29
Scan the QR code to go to the NMCP website for class descriptions and virtual class information.  SCAN ME	Memorial Day	*	1000-1200 Baby Basics 1400-1530 C-section Education	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.