


November 2025 Prenatal Class Schedule 30sep25 last update

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	29	30	31
To Schedule Prenatal Classes call: NMCP Women's Health at 757-953-4300 . Classes should be scheduled in the 3 rd trimester.	1000-1130 Postpartum 1300-1430 C-Sections	1400-1600 Baby Basics	1000-1130 Natural Comfort Measures 1400-1530 Stages of Labor 1700-1815 Labor and Delivery Tour	Virtual Class	
2	3	4	5	6	7
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 Natural Comfort Measures	1000-1100 Perinatal Support Group 1130-1230 Postpartum Support Group 1500-1700 Baby Basics	1000-1130 Medical Interventions 1300-1430 Postpartum 1700-1815 Labor and Delivery Tour	Virtual Classes **1330-1500 NMCRS <i>Budget for Baby</i>	Virtual Class
9	10	11	12	13	14
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.		Veterans Day	1000-1130 Natural Comfort Measures 1400-1530 C-Sections 1700-1815 Labor and Delivery Tour	Virtual Classes	Virtual Class **1400-1530 NMCRS <i>Budget for Baby Virtual</i>
16	17	18	19	20	21
**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 Natural Comfort Measures	1000-1100 Perinatal Support Group 1130-1230 Postpartum Support Group **1300-1430 NMCRS Breastfeeding Basics 1500-1700 Baby Basics	1000-1130 Postpartum 1300-1430 Medical Interventions 1700-1815 Labor and Delivery Tour	Virtual Classes **1330-1500 NMCRS <i>Budget for Baby</i> REIGN 530-7 MA	Virtual Classes
23	24	25	26	27	28
 <p>Scan the QR code to go to the NMCP website for additional class information.</p> <p>SCAN ME</p>	1000-1130 Natural Comfort Measures 1300-1430 Stages of Labor	1300-1500 Baby Basics 1700-1815 Labor and Delivery Tour		Thanksgiving Day	

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 class descriptions, support group information and virtual prenatal class schedules. Please take Stages of Labor class first in the series.