


October 2025 NMCP (In-person) Prenatal Classes upd 2oct2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	1	2	3
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	<i>Virtual Classes</i>	1000-1200 Baby Basics 1400-1530 Postpartum 1700-1815 Labor and Delivery Tour	<i>Virtual Classes</i>	
5	6	7	8	9	10
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 Postpartum 1300-1430 Medical Interventions	1000-1100 Perinatal Support Group 1130-1230 Postpartum Support Group 1500-1700 Baby Basics	1000-1130 C-Sections 1300-1430 Stages of Labor 1700-1815 Labor and Delivery Tour	**1330-1500 NMCRS <i>Budget for Baby</i>	<i>Virtual Classes</i>
12	13	14	15	16	17
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.	HOLIDAY	<i>Virtual Class</i> 1400-1600 Baby Basics	1000-1130 Natural Comfort Measures 1400-1530 Medical Interventions 1700-1815 Labor and Delivery Tour	<i>Virtual Classes</i>	<i>Virtual Class</i> **1400-1530 NMCRS <i>Budget for Baby Virtual</i>
19	20	21	22	23	24
**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 1500-1700 Baby Basics	1000-1130 Medical Interventions 1300-1430 Postpartum 1700-1815 Labor and Delivery Tour	<i>Virtual Class</i> **1330-1500 NMCRS <i>Budget for Baby</i>	<i>Virtual Classes</i>
26	27	28	29	30	31
 <p>Scan the QR code to go to the NMCP website for additional class information.</p> <p>SCAN ME</p>	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	<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. Visit online to review current class descriptions, support group information and virtual prenatal class schedules. Please take Stages of Labor first.