


September 2025 Prenatal Classes (in-person) upd last 8jul2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	4	5
To Schedule Prenatal Classes call: NMCP Women's Health at 757-953-4300 . Classes should be scheduled in the 3 rd trimester.	Labor Day	1000-1100 Perinatal Support Group 1130-1230 Postpartum Support Group 1500-1700 Baby Basics	1000-1130 Stages of Labor 1300-1430 Medical Interventions 1700-1815 Labor and Delivery Tour	<i>Virtual Classes</i>	1000-1130 Natural Comfort Measures
7	8	9	10	11	12
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 Postpartum 1300-1430 Stages of Labor	<i>Virtual Classes</i>	1000-1130 Natural Comfort Measures 1300-1430 C-Sections 1700-1815 Labor and Delivery Tour	<i>Virtual Class</i>	1000-1200 Baby Basics
14	15	16	17	18	19
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 Stages of Labor 1300-1430 Natural Comfort Measures	1000-1100 Perinatal Support Group 1130-1230 Postpartum Support Group <i>Virtual class</i>	1000-1130 Medical Interventions 1300-1430 Postpartum 1700-1815 Labor and Delivery Tour	<i>Virtual Classes</i>	<i>Virtual Classes</i>
21	22	23	24	25	26
**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.		<i>Virtual Class</i> 1300-1500 Baby Basics	1000-1130 Natural Comfort Measures 1400-1530 Medical Interventions 1700-1815 Labor and Delivery Tour	<i>Virtual Classes</i>	1000-1130 Postpartum 1300-1430 C-Section Education
28	29	30	1	2	3
 <p>Scan the QR code to go to the NMCP website for additional information.</p> <p>SCAN ME</p>	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>	

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 class descriptions, support group information and virtual prenatal class schedules.