

September 2026 NMCP Prenatal Classes (In-Person) 31JUL2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1	2	3	4
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 1400-1530 Medical Interventions 1700-1815 Labor and Delivery Tour	<i>Virtual Class Day</i>	1000-1200 Baby Basics <i>Virtual Class in Afternoon</i>	<i>Virtual Class Day</i>	
6	7	8	9	10	11
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, 4 th Floor.	Labor Day		1000-1130 Natural Comfort Measures 1300-1430 Postpartum	<i>Virtual Class Day</i> **1200-1330 NMCRS <i>Budget for Baby</i>	1000-1200 Baby Basics
13	14	15	16	17	18
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.	1000-1130 Stages of Labor 1400-1530 C-Section Education 1700-1815 Labor and Delivery Tour	<i>Virtual Class Day</i> **1300-1430 NMCRS <i>Breastfeeding Basics</i>	1000-1130 Postpartum 1300-1500 Baby Basics		1000-1130 Natural Comfort Measures **1400-1530 NMCRS <i>Budget for Baby Virtual</i>
20	21	22	23	24	25
**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 Medical Interventions 1300-1500 Baby Basics 1700-1815 Labor and Delivery Tour	<i>Virtual Class Day</i>	1000-1130 Natural Comfort Measures 1300-1430 Stages of Labor	<i>Virtual Class Day</i> **1200-1330 NMCRS <i>Budget for Baby</i>	
27	28	29	30	1	2
 Scan the QR code to go to the NMCP website for class descriptions and virtual class registration information. SCAN ME	1000-1130 Natural Comfort Measures 1500-1700 Baby Basics	<i>Virtual Class Day</i>	1000-1130 Stages of Labor 1300-1430 Postpartum 1700-1815 Labor and Delivery Tour	<i>Virtual Class Day</i>	1000-1130 C-section Education

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/registration. Please take Stages of Labor class first in the series.