



Childbirth Education Class Schedule 2026

All Classes are Held in the Grand Lake Medical Office Conference Room

Welcome to the Grand Lake Health Care System. We are honored that you have chosen our Birthing Center to help bring your baby into this world. Our staff are compassionate, dedicated, and highly skilled, with the experience and caring attitude that you deserve. We are second to none in our commitment to serve you and your new family.

We offer a Saturday Class which will include topics such as warning signs during pregnancy, stages of labor, pain management options, cesarean section, labor stations, mother and baby care, as well as a virtual tour of our beautiful birthing center. We also provide a Breastfeeding Class. Breastfeeding education has been shown to increase initiation and longevity of breastfeeding. These classes are free to those choosing to deliver with Grand Lake Health System. We are here to meet your needs!

Saturday Childbirth Classes: 8:30am to 3 pm

January 10	June 27
February 21	August 8
March 28	September 12
May 16	October 24

Breastfeeding Class 7 pm to 9 pm

February 4	August 3
March 25	October 7
May 20	December 9



Please use the QR code to sign up for all classes. Any questions, call The Birthing Center at (419) 394-3335 Ext: 2419. You may also email OBeducation@jtdmh.org and will receive a reply within 2-3 weeks.

Sign up early. Class dates can change and are based on demand