



## Childbirth Classes Navigation Services



Need more information? Contact our Navigation Services Team at 303-432-5130 or [navigation@jcmh.org](mailto:navigation@jcmh.org)

If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.

Classes are usually given in the 6<sup>th</sup>-7<sup>th</sup> month of pregnancy. Registration by the 4<sup>th</sup> month is advised to assure space. Most hospitals provide a tour of their birthing facilities after class.

### **Intermountain Health (Used to be SCL Health)**

303-425-2229

<https://intermountainhealthcare.org/services/womens-health/pregnancy>

- Offers childbirth classes and other supports for new parents.
  - Childbirth preparation
  - Getting ready for baby
  - New dad boot camp
  - Becoming a big sister or brother
- Offers in person and virtual classes.
- Calendar of events and locations found online.

### **University of Colorado – OB-GYN**

720-848-1174

<https://obgyn.coloradowomenshealth.com/services/pregnancy/pregnancy-parenting-classes>

- Offers a variety of childbirth classes including an “express” class that is completed in six hours as well as a course on natural childbirth and other topics relating to pregnancy, childbirth, and having a newborn.
- To register for any of these classes, call (720) 848-1174 or visit [www.uchealth.org](http://www.uchealth.org) and follow these instructions:
  - Click on Classes and Events
  - Click Topics followed by Childbirth and Family Education
  - Click Region followed by Metro Denver.

### **CommonSpirit Health (Used to be Centura Health)**

<https://www.mountain.commonspirit.org/classes-and-events>

- Offers variety of childbirth and parenting classes virtually and in-person.
- Calendar of events and locations available online.

### **Swedish Medical Center (Health One):**

303-788-5000

501 Hampden Ave., Englewood 80116

<https://www.healthonecares.com/locations/swedish/specialties/womens-care/prenatal-care>

- Offers a variety of childbirth classes including Childbirth Preparation, Infant and Child Safety, Breast/Chestfeeding basics, and All About Baby.
  - Cost depends on class ranging from free to \$100.
- Discounts are available for select populations.
- If you need handicap or language assistance, please call 303-788-4324.

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## Denver Health

303-602-5526

[Info4moms2be@dhha.org](mailto:Info4moms2be@dhha.org)

<https://www.denverhealth.org/calendar/prenatal/childbirth-class>

- All prenatal education classes require a 35\$ nonrefundable registration fee.
- Your support person or partner is welcome to attend class. No children please.
- If needing financial assistance, please contact [info4moms2be@dhha.org](mailto:info4moms2be@dhha.org)

## Planned Parenthood of the Rocky Mountains

303-813-7716

[childbirtheeducation@pprm.org](mailto:childbirtheeducation@pprm.org)

7155 E 38<sup>th</sup> Ave, Denver, CO (other locations throughout the Metro area)

<https://www.plannedparenthood.org/planned-parenthood-rocky-mountains/newsroom/planned-parenthood-rocky-mountains-now-offering-childbirth-preparation>

- Offers childbirth preparation classes for families planning medicated and un-medicated hospital births.
- Classes are focused on preparation for labor and delivery and are designed for people in the third trimester of their pregnancies.
- Cost of the classes are based on family income; attendees can pay as little as \$10.
- Welcoming of all family structures. Whether you are planning to parent or making an adoption plan, we are here to help families of all ages, sizes, and sexual orientations.

## Colorado Family Life Center

303-366-1072

2675 S Abilene St. Suite #235 Aurora, CO 80014

[info@coloradofamilylife.org](mailto:info@coloradofamilylife.org)

<https://coloradofamilylife.org/get-help/free-classes/>

- Christian organization offering free classes related to pregnancy, childbirth, first year, toddlerhood, general parenting, life skills, fatherhood, coparenting, relationships skills, special circumstances, and simple Bible studies for those who are interested.
- Can help any parent from conception to young adulthood.