



# Supporting You Every Step

## 2026 Education Calendar

### CHILDBIRTH\*

This class covers essential topics such as pregnancy-related concerns, labor and delivery basics, comfort techniques, and postpartum care. A tour of the Family Birthing Suites is also included. It is recommended to complete the class one month before your due date. Bring your lunch, or you can enjoy a meal in our cafeteria.

- » January 24
- » February 21
- » March 21
- » April 18
- » May 30
- » June 27
- » July 25
- » August 22
- » September 19
- » October 17
- » November 21
- » December 12

**Auditorium A**  
**9:00 a.m. - 3:00 p.m.**

### BREASTFEEDING\*

This class, led by a lactation specialist, is designed to help families who choose to breastfeed have a positive and rewarding experience with their baby.

- » January 6
- » February 3
- » March 3
- » April 7
- » May 5
- » June 2
- » July 7
- » August 4
- » September 1
- » October 6
- » November 3
- » December 1

**Auditorium A**  
**6:30 p.m. - 8:30 p.m.**

### FAMILY BIRTHING SUITES TOUR\*

Learn where to go, which entrance to use, and what to expect before the big day.

### BABY CARE BASICS\*

We'll talk about newborn appearance and behavior, as well as important topics like feeding, diapering, bathing, and recognizing signs of illness. It's a great opportunity to practice essential parenting skills now, before your baby arrives.

- » January 15
- » February 12
- » March 12
- » April 9
- » May 14
- » June 11
- » July 9
- » August 13
- » September 10
- » October 15
- » November 12
- » December 10

**Auditorium A**  
**6:30 p.m. - 8:30 p.m.**



## Saint Joseph Medical Center

333 Madison Street, Joliet, IL 60435  
[saintjosephmedicalcenter.com/our-services/maternity-care](http://saintjosephmedicalcenter.com/our-services/maternity-care)

Member of Prime Healthcare

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### \*Registration required

[saintjosephmedicalcenter.com/events](http://saintjosephmedicalcenter.com/events)

### Questions?

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