

For birthing parents delivering at CHA

Childbirth Education Classes

Join us to learn what to expect when you deliver your baby at CHA! Welcoming pregnant parents with a gestational age between 20 to 36 weeks, and their support person at no cost!

Please call 617-665-1664 to register today!

English Class

Where: CHA One Cabot Care Center
One Cabot Road, Medford | Conf Rooms
402/403 combined

When: Wednesday, October 22, 2025
from 12:00 PM – 4:00 PM

Instructor: Marie-Flor Philippe

Spanish Class

Where: CHA One Cabot Care Center
One Cabot Road, Medford | Conf Rooms
402/403 combined

When: Saturday October 25, 2025
from 10:00 AM - 2:00 PM

Instructor: Enedina Montano

Portuguese Class

Where: CHA One Cabot Care Center
One Cabot Road, Medford | Conf Rooms
402/403 combined

When: Saturday November 1, 2025
from 10:00 AM - 2:00 PM

Instructor: Danielle Da Silva

What can you expect?

- **Creating Your Birth Support Plan:** Discover what helps you feel safe and supported, learn how to share your wishes with the care team, and explore personal preferences for comfort, environment, and communication.
- **Caring for You and Your Baby:** Learn what to expect during the birth of the placenta and immediate recovery, explore ways to bond with your baby in the first hour (like skin-to-skin placement), and understand when certain bonding moments might be delayed for medical reasons and how to make choices about them.
- **Your Baby's First Moments:** Learn what happens for the baby right after birth, understand common newborn protocols (like eye ointment, vitamin K, measuring, and weighing), explore feeding choices with support for both breast and bottle, and get guidance on choosing a pediatrician.
- **Postpartum Recovery:** Learn about helpful products for recovery, understand emotional shifts in the first days and weeks, identify supportive people and ways they can help, explore resources like doulas and treatment options, and prepare sources of comfort and support before birth.

We are so excited to be a part of your pregnancy journey! [Click here to learn more about CHA Pregnancy and Maternity.](#)