

Becoming a Mom® Prenatal Education Classes - McPherson County

January – June 2025 schedule

All in-person sessions are held at the McPherson Center for Health, McPherson
Classes will be held in the ITV Room. Please enter the door that faces south on the east side of the hospital.
There is only one door.

Tuesday sessions will be held in-person; Wednesday and Thursday sessions will be held via zoom

** Child care is NOT available **

If you want to schedule or reschedule your sessions; please contact Tricia at 785-826-6600 ext. 7334;
text 785-819-6005 or email frytr@salinecountyks.gov

These are registered classes only. You must be pre-registered the day before the desired class you wish to attend.

Tues. Jan. 14 ** NO IN-PERSON SESSIONS **
(In-person sessions) ** NO IN-PERSON SESSIONS **

Wed. Jan. 22 6:00 pm - 8:00 pm Session 1
(Zoom session)

Thurs. Jan. 23 6:00 pm - 8:00 pm Session 4
(Zoom session)

Tues. Feb. 11 ** NO IN-PERSON SESSIONS **
(In-person sessions) ** NO IN-PERSON SESSIONS **

Wed. Feb. 19 6:00 pm - 8:00 pm Session 2
(Zoom session)

Thurs. Feb. 20 6:00 pm - 8:30 pm Session 5
(Zoom session)

Tues. Mar. 11 3:30 pm - 5:30 pm Session 3
(In-person sessions) 6:00 pm - 8:00 pm Session 6

Wed. Mar. 19 6:00 pm - 8:00 pm Session 3
(Zoom session)

Thurs. Mar. 20 6:00 pm - 8:00 pm Session 6
(Zoom session)

Tues. Apr. 15 3:30 pm - 5:30 pm Session 4
(In-person sessions) 6:00 pm - 8:00 pm Session 1

Wed. Apr. 23 6:00 pm - 8:00 pm Session 4
(Zoom session)

Thurs. Apr. 24 6:00 pm - 8:00 pm Session 1
(Zoom session)

Tues. May 13 3:30 pm - 5:45 pm Session 5
(In-person sessions) 6:00 pm - 8:00 pm Session 2

Wed. May 21 6:00 pm - 8:30 pm Session 5
(Zoom session)

Thurs. May 22 6:00 pm - 8:00 pm Session 2
(Zoom session)

Tues. June 10 3:30 pm - 5:30 pm Session 6
(In-person sessions) 6:00 pm - 8:00 pm Session 3

Wed. June 18 3:30 pm - 5:30 pm Session 3
(Zoom sessions) 6:00 pm - 8:00 pm Session 6

** June, July and August months will only
have 2 day/evening sessions available **

Session 1 – Prenatal Care: What to Expect from Your Prenatal Care / Common Discomforts in Pregnancy
Session 2 – Pregnancy Health: Learn How Stress, Certain Foods, & Many Other Things Can Affect Your Pregnancy
Session 3 – Signs and Symptoms of Preterm Labor / Labor and Delivery / Why Last Weeks of Pregnancy Matter
Session 4 – Infant Feeding / Breastfeeding Basics: What to Expect & How to Overcome Problems with Breastfeeding for even the Experienced Breastfeeding Mom
Session 5 – Infant Care / *Happiest Baby on the Block* / *Period of Purple Crying* / SIDS Risk Reduction/Safe Car Seat Installation
Session 6 – Postpartum Recovery / Interconception Health: Regaining Health Between Pregnancies

** July-December 2025 schedule is on the backside of this page

Becoming a Mom® Prenatal Education Classes - McPherson County
July – December 2025 schedule

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Tues. July 15 3:30 pm - 5:30 pm Session 1
(In-person sessions) 6:00 pm - 8:00 pm Session 4

Wed. July 23 3:30 pm - 5:30 pm Session 4
(Zoom sessions) 6:00 pm - 8:00 pm Session 1

**** only 2 day/evening sessions held in July ****

Tues. Aug. 12 3:30 pm - 5:30 pm Session 2
(In-person sessions) 6:00 pm - 8:30 pm Session 5

Wed. Aug. 20 3:30 pm - 5:45 pm Session 5
(Zoom sessions) 6:00 pm - 8:00 pm Session 2

**** only 2 day/evening sessions held in August ****

Tues. Sept. 9 3:30 pm - 5:30 pm Session 3
(In-person sessions) 6:00 pm - 8:00 pm Session 6

Wed. Sept. 17 6:00 pm - 8:00 pm Session 3
(Zoom session)

Thurs. Sept. 18 6:00 pm - 8:00 pm Session 6
(Zoom session)

Tues. Oct. 7 3:30 pm - 5:30 pm Session 4
(In-person sessions) 6:00 pm - 8:00 pm Session 1

Wed. Oct. 22 6:00 pm - 8:00 pm Session 4
(Zoom session)

Thurs. Oct. 23 6:00 pm - 8:00 pm Session 1
(Zoom session)

Tues. Nov. 4 3:30 pm - 5:45 pm Session 5
(In-person sessions) 6:00 pm - 8:00 pm Session 2

Wed. Nov. 19 6:00 pm - 8:30 pm Session 5
(Zoom session)

Thurs. Nov. 20 6:00 pm - 8:00 pm Session 2
(Zoom session)

Tues. Dec. 9 3:30 pm - 5:30 pm Session 6
(In-person sessions) 6:00 pm - 8:00 pm Session 3

Wed. Dec. 17 6:00 pm - 8:00 pm Session 6
(Zoom session)

Thurs. Dec. 18 6:00 pm - 8:00 pm Session 3
(Zoom session)

Session 1 – Prenatal Care: What to Expect from Your Prenatal Care / Common Discomforts in Pregnancy
Session 2 – Pregnancy Health: Learn How Stress, Certain Foods, & Many Other Things Can Affect Your Pregnancy
Session 3 – Signs and Symptoms of Preterm Labor / Labor and Delivery / Why Last Weeks of Pregnancy Matter
Session 4 – Infant Feeding / Breastfeeding Basics: What to Expect & How to Overcome Problems with Breastfeeding for even the Experienced Breastfeeding Mom
Session 5 – Infant Care / Happiest Baby on the Block / Period of Purple Crying / SIDS Risk Reduction/Safe Car Seat Installation
Session 6 – Postpartum Recovery / Interconception Health: Regaining Health Between Pregnancies