

**Becoming a Mom® Prenatal Education Classes - Saline**  
**January – June 2026 schedule**

**All in-person sessions are held at the Saline County Health Department - 125 W. Elm St., Salina**  
**Except for Session #3 – those sessions will be held at SRHC - 400 S. Santa Fe Ave., Salina**

**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.**

<b>Tues. Jan. 20</b> (In-person sessions)	3:30 pm - 5:30 pm 6:00 pm - 8:00 pm	Session 1 Session 4	<b>Tues. Apr. 21</b> (In-person sessions)	3:30 pm - 5:30 pm 6:00 pm - 8:00 pm	Session 4 Session 1
<b>Wed. Jan. 21</b> (Zoom session)	6:00 pm - 8:00 pm	Session 1	<b>Wed. Apr. 22</b> (Zoom session)	6:00 pm - 8:00 pm	Session 4
<b>Thurs. Jan. 22</b> (Zoom session)	6:00 pm - 8:00 pm	Session 4	<b>Thurs. Apr. 23</b> (Zoom session)	6:00 pm - 8:00 pm	Session 1
<b>Tues. Feb. 17</b> (In-person sessions)	3:30 pm - 5:30 pm 6:00 pm - 8:00 pm	Session 2 Session 5	<b>Tues. May 19</b> (In-person sessions)	3:30 pm - 5:30 pm 6:00 pm - 8:00 pm	Session 5 Session 2
<b>Wed. Feb. 18</b> (Zoom session)	6:00 pm - 8:00 pm	Session 2	<b>Wed. May 20</b> (Zoom session)	6:00 pm - 8:00 pm	Session 5
<b>Thurs. Feb. 19</b> (Zoom session)	6:00 pm - 8:00 pm	Session 5	<b>Thurs. May 21</b> (Zoom session)	6:00 pm - 8:00 pm	Session 2
<b>Tues. Mar. 17</b> (In-person sessions)	3:30 pm - 5:30 pm 6:00 pm - 8:00 pm	Session 6 Session 3	<b>Tues. June 16</b> (In-person sessions)	3:30 pm - 5:30 pm 6:00 pm - 8:00 pm	Session 6 Session 3
<b>Wed. Mar. 18</b> (Zoom session)	6:00 pm - 8:00 pm	Session 3	<b>Wed. June 17</b> (Zoom sessions)	3:30 pm - 5:30 pm 6:00 pm - 8:00 pm	Session 3 Session 6
<b>Thurs. Mar. 19</b> (Zoom session)	6:00 pm - 8:00 pm	Session 6			

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

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