

**Becoming a Mom® Prenatal Education Classes - Saline  
July - December 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. July 21</b>	3:30 pm - 5:30 pm	Session 1	<b>Tues. Oct. 20</b>	3:30 pm - 5:30 pm	Session 4
(In-person sessions)	6:00 pm - 8:00 pm	Session 4	(In-person sessions)	6:00 pm - 8:00 pm	Session 1

<b>Wed. July 22</b>	3:30 pm - 5:30 pm	Session 4	<b>Wed. Oct. 21</b>	6:00 pm - 8:00 pm	Session 4
(Zoom sessions)	6:00 pm - 8:00 pm	Session 1	(Zoom session)		

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

<b>Thurs. Oct. 22</b>	6:00 pm - 8:00 pm	Session 1
(Zoom session)		

<b>Tues. Aug. 18</b>	3:30 pm - 5:30 pm	Session 2
(In-person sessions)	6:00 pm - 8:00 pm	Session 5

<b>Tues. Nov. 17</b>	3:30 pm - 5:30 pm	Session 5
(In-person sessions)	6:00 pm - 8:00 pm	Session 2

<b>Wed. Aug. 19</b>	3:30 pm - 5:30 pm	Session 5
(Zoom sessions)	6:00 pm - 8:00 pm	Session 2

<b>Wed. Nov. 18</b>	6:00 pm - 8:00 pm	Session 5
(Zoom session)		

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

<b>Thurs. Nov. 19</b>	6:00 pm - 8:00 pm	Session 2
(Zoom session)		

<b>Tues. Sept. 22</b>	3:30 pm - 5:30 pm	Session 6
(In-person sessions)	6:00 pm - 8:00 pm	Session 3

<b>Tues. Dec. 15</b>	3:30 pm - 5:30 pm	Session 6
(In-person sessions)	6:00 pm - 8:00 pm	Session 3

<b>Wed. Sept. 23</b>	6:00 pm - 8:00 pm	Session 3
(Zoom session)		

<b>Wed. Dec. 16</b>	6:00 pm - 8:00 pm	Session 6
(Zoom session)		

<b>Thurs. Sept. 24</b>	6:00 pm - 8:00 pm	Session 6
(Zoom session)		

<b>Thurs. Dec. 17</b>	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**