

# Becoming a Mom® Prenatal Education Classes - McPherson County

## January – June 2026 schedule

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 [frvtr@salinecountvks.gov](mailto:frvtr@salinecountvks.gov)

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

### Prenatal Class Location Details

All in-person sessions are held at the McPherson Center for Health (located in McPherson).

### January – April Classes (Board Room)

Your classes are held in the Board Room, located inside Building 2 (also known as the East Annex).

- **Finding the Building:** Building 2 is located at the back of the hospital complex. It is on the opposite side from the main hospital entrance and the Emergency Room (ER) entrance.
- **Entrance:** Enter the door labeled "East Annex" beneath the maroon awning.
- **Finding the Room:** Once inside, walk straight down the hallway. The Board Room is on your left, before you reach the elevators.
- *Don't worry—we'll be watching for you!*

### May – December Classes (ITV Room)

Your classes are held in the ITV Room, which is located in the University of Kansas South Central Kansas Education Center.

- **Location:** This section is a separate part of the campus, found in the corner of the back parking lot.
- **Finding the Entrance:** First, look for the "East Annex/Building 2" entrance (the one with the maroon awning). Keep going toward the end of the parking lot—the University of Kansas Education Center is immediately to the right of the East Annex..
- **Entrance:** You will see the name "University of Kansas South Central Kansas Education Center" clearly marked on the door. This door faces the parking lot and is the only entrance for this specific part of the building.
- *We will keep an eye out for you here as well!*

<b>Tues. Jan. 13</b> (In-person sessions)	3:30 pm - 5:30 pm 6:00 pm - 8:00 pm	Session 1 Session 4	<b>Tues. Apr. 14</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. 10</b> (In-person sessions)	3:30 pm - 5:30 pm 6:00 pm - 8:00 pm	Session 2 Session 5	<b>Tues. May 12</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. 10</b> (In-person sessions)	3:30 pm - 5:30 pm 6:00 pm - 8:00 pm	Session 3 Session 6	<b>Tues. June 9</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	<b>** June, July and August months will only have 2 day/evening sessions available **</b>		

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

