

Conejo Valley Adult School Parent Education Program



Horizon Hills Campus, 33 Greta Street

Thousand Oaks, CA 91360

Now Offering



Welcome to Pregnancy

2011-2012 Six-Week Series--\$50.00

Wednesdays, 10:00am-12 noon Room 14, Horizon Hills
Evening classes can be scheduled upon request

This six week class meets once a week for two hours and is best fitted for moms from conception up to 28 weeks pregnant.

2011 Dates

Series I – Sept 28—Nov 2
Series II – Nov 9—Dec 14
(5 weeks due to holidays)

2012 Dates

Series III – Jan 4—Feb 8
Series IV – March 28—May 2
Series V – June 6—July 11
Series VI – Sept 5—Oct 10
Series VII – Nov 7—Dec 12
(5 weeks due to holidays)

Instructor Brenda Hunter, M.S. is a Lamaze trained Childbirth Educator, and Certified in Lactation counseling, Infant Massage and Red Cross CPR. Brenda has also provided labor support for 100 natural deliveries!

Childbirth

Preparation Classes

Six-Week Series--\$80.00/couple
Tuesdays 6:30 pm to 8:30 pm or
Saturdays 10am-noon
Room 14, Horizon Hills

2011 Dates

Series I – Oct 1—Nov 5 (Saturdays 10am—12noon)
Series II – Nov 8—Dec 13 (Tuesdays 6:30-8:30)

2012 Dates

Series III – Jan 7—Feb 11 (Saturdays 10am-noon)
Series IV – Mar 27—May 2 (Tuesdays 6:30-8:30)
Series V – June 5—17 (Tuesdays 6:30-8:30)
Series VI – Sept 8—Oct 13 (Saturdays 10am-noon)
Series VII – Nov 6—Dec 11 (Tuesdays 6:30-8:30)

Special group arrangements can also be made with the instructor, call for information.

Introduction to Breastfeeding

*\$15. per class A 2 hour class recommended for both parents to take anytime during pregnancy
Room 14, Horizon Hills*

2011-2012 Class Schedule

Nov 5, 2011 Saturday 10am-noon
Dec 13, 2011 Tuesday 6:30-8:30
Feb 11, 2012 Saturday 10am – noon
May 1, 2012 Tuesday 6:30-8:30
July 17, 2012 Tuesday 6:30-8:30
Oct 13, 2012 Saturday 10am – noon
Dec 11, 2012 Tuesday 6:30-8:30

Call **805-492-8837**
to register

www.ConejoAdultSchool.org
click Parent Education tab on right