

Childbirth Classes

Provider Name	Address location	Counties that Providers Serviced	Class Focus	Number of Class Hours	Frequency of Classes	Virtual Offered?	How Member Can Register	Contact Person	Contact Phone
AtlantiCare Regional Medical Ctr	65 Jimmie Leeds Rd Pomona	Atlantic County	Breastfeeding Baby Basics	6 hours	Monthly	No	https://www.atlanticare.org/services/womens-health/maternity/parent-education	Access care Team Jennifer Tornetta	888-569-1000 or 609-569-7010
AtlantiCare Regional Medical Ctr	1925 Pacific Ave Atlantic City	Atlantic County	Breastfeeding Parent support	6 hours	Monthly	No	https://www.atlanticare.org/services/womens-health/maternity/parent-education	Access care Team	888-569-1000
Bayonne Medical Ctr	29 E 29th St Bayonne	Hudson County	Breastfeeding Lamaze Prenatal nutrition Newborn care and safety	2 to 3 hours	Weekly	No	http://pamperedpregnancy.com/class-descriptions/	Pampered Pregnancy program	201-821-8819
Cape Regional Medical Center	2 Stone Harbor Blvd Cape May Court Hous	Cape May County	Breastfeeding Genetic Counseling Prenatal care Newborn Care In-room Labor, Delivery, Recovery and Postpartum Care	1 to 1.5 hrs	Weekly Monthly	Yes	https://events.cooperhealth.org/event/childbirth-classes/breastfeeding-support-group	Maternity Program Director Cheryl/ Sylvia	Maternity Program Director Tel# 609-463-2190
Centrastate Medical Ctr	901 W Main St Freehold	Monmouth County	Breastfeeding Infant Care	2 to 4.5 hours	Weekly Monthly	Yes	https://www.centrastatematernity.com/preparing-for-delivery/	Health Awareness Center	732-294-2700 or 732-308-0570
Chilton Medical Ctr	97 W Parkway Pompton Plains	Morris County	Breastfeeding Support Group Newborn Care -ABC's of Going Home With Your Baby Mindful Pregnancy and Birth class	1.5 hours	Weekly Monthly	Yes	https://www.atlantichealth.org/search-results.html?page=1&q=online+childbirth+class+for+expectant+parents+%E2%80%93atlantic+health&type=classes	Parent Education Dept. Lorraine D.	973-971-5027
Christ Hospital	176 Palisade Ave Jersey City	Hudson County	Lamaze Childbirth Education Breastfeeding Prenatal Nutrition Newborn Care and Safety	2 to 3 hours	Contact the program	Contact the program	http://pamperedpregnancy.com/class-descriptions/	Pampered Pregnancy program	201-821-8819
Clara Maass Medical Ctr	1 Clara Maass Dr Belleville	Essex & Hudson & Monmouth & Somerset Counties	Pregnancy Support Group, Virtual Breastfeeding	Contact the program	Weekly Monthly	Yes	https://www.rwibh.org/events/event/?event=15400	Lactation dept	973-450-2868
Community Medical Ctr	99 Highway 37 W Toms River	Monmouth County	Childbirth Classes, Breastfeeding Classes	Contact the program	Monthly	Yes	cmchildbirth@rwibh.org	Carolyne	732-557-8034
Cooper University Health Care	Sheridan Pavilion, Three Cooper Plaza, Suite 300, Camden campus.	Camden County	Breastfeeding Genetic Counseling Prenatal care In-room labor, delivery, recovery and postpartum care	Contact the program	Weekly Monthly	Yes	https://events.cooperhealth.org/event/childbirth-classes/breastfeeding-support-group	Lactation dept	1-800- 8-COOPER (800-826-6737)
Englewood Hospital & Medical Ctr	350 Engle St Englewood	Bergen County	Breastfeeding Support Group	Contact the program	Weekly	Yes	https://www.engagewoodhealth.org/calendar-events-classes	Kelsey Breastfeeding Support Warm Line Childbirth Education Program	201-608-2550
Hackensack UMC Mountainside	1 Bay Ave Montclair	Bergen & Essex County	Breastfeeding Child milestones	Contact the program	Twice a month	Yes	https://classfindweb.beryl.net/[S2uufavtfcxysq1vp4q1omxxv]/Search.aspx?ClientID=10390	Parent Education dept	888-973-4674

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Hackettstown Regional Medical Center	651 Willow Grove St Hackettstown		Breastfeeding Support group Mindful pregnancy and birth ABC's of going home with you baby	Contact the program	Weekly Monthly	Yes	https://www.atlantichealth.org/search-results.html?nearlocation%5B%5D=hackettstown+medcal+center&page=1&q=online+childbirth+class+for+expectant+parents+%E2%80%93+atlantic+health&type=classes	Refer to website	Refer to website
Hoboken University Medical Ctr	308 Willow Ave Hoboken	Hudson County	Breastfeeding Lamaze childbirth techniques Prenatal nutrition Newborn care and Newborn safety	2 to 3 hours	Weekly	No	http://pamperepregnancy.com/class-descriptions/	Pampered Pregnancy program	201-821-8819
Holy Name Hospital	718 Teaneck Rd Teaneck	Bergen County	Breastfeeding A Journey through pregnancy The Delivery experience Care of your new family	1 to 2 hours	Twice a month (Sundays only)	Yes	https://www.holyname.org/birthplace/classes.aspx	Dawn	201-833-3336
Hudson Regional Hospital	55 Meadowlands Pkwy Secaucus	Hudson County	Breastfeeding Prenatal Care Postpartum Classes	8 to 4pm	Monthly	Yes	https://www.hudsonregionalhospital.com/free-prenatal-classes/	Crystal Melendez	(201) 392-3100
Inspira Medical Center Woodbury	509 N Broad St Woodbury	Gloucester County	Breastfeeding Infant/Child Life Saving Techniques Loss of a Child Pre/Post Natal Yoga Planning for pregnancy and parenting Grandparent classes Sibling dynamics	Contact the program	Contact the program	No	https://www.inspirahealthnetwork.org/maternity/education	Director Lynn Cusack	888-312-4784 or 856-575-4887
Inspira Medical Ctr-Elmer	501 Frnt Elmer	Burlington County	Breastfeeding Infant/Child Life Saving Techniques Loss of a Child Pre/Post Natal Yoga Planning for pregnancy and parenting Grandparent classes Sibling dynamics	Contact the program	Contact the program	No	https://www.inspirahealthnetwork.org/maternity/education	Director Lynn Cusack	888-312-4784 or 856-575-4887
Inspira Medical Ctr-Vineland	1505 W Sherman Ave Vineland	Cumberland County	Breastfeeding Infant/Child Life Saving Techniques Loss of a Child Pre/Post Natal Yoga Planning for pregnancy and parenting Grandparent classes Sibling dynamics	Contact the program	Contact the program	No	https://www.inspirahealthnetwork.org/maternity/education	Director Lynn Cusack	888-312-4784
Jersey City Medical Ctr	355 Grand St Jersey City	Hudson County	Virtual Breastfeeding Pregnancy Support Group	Contact the program	Weekly Monthly	Yes	https://www.rwjbh.org/events/event/?event=15400	Lactation dept	201-915-2365
John F Kennedy Med Ctr	65 James St Edison	Middlesex County	Breastfeeding Childbirth education	Contact the program	Twice a month	Yes	https://events.hackensackmeridianhealth.org/calendar/5add99e2-c1d9-462e-b53b-40d71d775290	Perinatal Lactation Coordinator Laura	732-632-1632
Kennedy Mem Hosp-Stratford Campus	18 E Laurel Rd Stratford	Camden County	Labor & delivery, getting ready for baby & breastfeeding	Contact the program	Weekly	Yes	https://hospitals.jefferson.edu/calendar-of-events/maternity/breastfeeding-class.html	Parent Education	215-955-6713
Kennedy Mem Hosp-Washington Two Campus	435 Hurffville Cross Keys Rd Turnersville	Gloucester County	Breastfeeding Labor & delivery Getting ready for baby	Contact the program	Weekly	Yes	https://hospitals.jefferson.edu/calendar-of-events/maternity/breastfeeding-class.html	Parent Education	215-955-6713
Kennedy Memorial Hospital-Cherry Hill Campus	2201 Chapel Ave W Cherry Hill	Camden County	Breastfeeding Labor & delivery Getting ready for baby	Contact the program	Contact the program	Yes	http://jeffline.jefferson.edu/Education/programs/tjuh_parent_education/courses.cfm	Parent Education	215-955-6713

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March of Dimes			Healthy Moms, Strong Babies series Warning signs during pregnancy Managing stress and anxiety during pregnancy Where to give birth during COVID-19 Birth spacing and planning for a healthy pregnancy	1 hour	Once a week (Thursdays only)	Yes	Contact the program	Refer to website	888-MODIMES (888-663-4637)
MCHC - Central Jersey Family Health Consortium	N/A	N/A	Group support	Contact the program	Three times a week (Tuesdays, Wednesdays, and Thursdays)	Yes	email English: Pat Vena pvena@cjfhc.org or Spanish: Mariela Flores Mflores@cjhc.org	Pat Vena and Mariella Flores	732-937-5437
MCHC - Southern New Jersey Perinatal Cooperative	Facebook Live	Facebook Live	"Talk to a Doula" Childbirth classes	Contact the program	Once a week (Thursdays at noon)	Yes	Facebook Live	Ronsha Dickerson or Jodi Green	info@cdosj.org
MCHC - Northern - Partnership for Maternal & Child Health of Northern New Jersey	N/A	N/A	Q&A with childbirth educator on tips regarding childbirth during the pandemic	1 hour	Contact the program	Yes	https://urldefense.proofpoint.com/v2/url?u=https-3A-www.youtube.com_watch-3Fv-3D-2Dn2zwdmF06f-26t-3D62s&rd=DwMGaQ&c=A-GX6P9ovB1qTBp7IQve2Q&r=2C03OIJJoC7XluM0Nj9sz0cQIQVssK9YIBTCzcMOgSc&m=Gt-3oh-5WTKRQ662keTQ1_xvKpwn785mD9UzMWPC24&su1P9fvCtleTnCi1eYHzWkjmBUeWYrGUGnFykGbjOO&e=	Irina Polanco Ventura, Manager, Perinatal Mood Disorders Initiative and Diana Cabezas	973-268-2280
Monmouth Medical Center Southern Campus	600 River Ave Lakewood	Monmouth County	Breastfeeding Virtual New Moms' Circle Support Group	1 hour	Weekly Monthly	Yes	https://www.rwjbh.org/events/event/?event=15400	Refer to website	Refer to website
Monmouth Medical Ctr	300 2nd Ave Long Branch	Monmouth County	Virtual Breastfeeding Support Group	1 hour	Once a week (Mondays only)	Yes	https://www.rwjbh.org/events/event/?event=15400	Refer to website	Refer to website
Montclair State University	1 Normal Ave, Montclair	Essex County	Prenatal education Lamaze	1 hr 15 minutes	Three times a month (Thursdays only)	Yes	https://www.eventbrite.com/e/online-free-prenatal-childbirth-june-4-june-11-and-june-18-2020-tickets-103841205842	Wodnick Jr.	Refer to website
Morristown Medical Ctr	100 Madison Ave Morristown	Morris County	Breastfeeding support group Mindful Pregnancy ABC's of Going Home With Your Baby	2.5 hrs	Contact the program	Yes	https://www.atlantichealth.org/search-results.html?nearlocation%5B%5D=morristown+medical+center&page=1&q=online+childbirth+class+for+expectant+parents+%E2%80%93+atlantic+health+type=classes	Refer to website	Refer to website
Newark Beth Israel Medical Ctr	201 Lyons Ave Newark	Essex County	Breastfeeding Pregnancy Support Group	1 hour	Once a week (Tuesdays only)	Yes	https://www.rwjbh.org/events/event/?event=15400 https://www.rwjbh.org/events/event/?event=4384	Refer to website	Refer to website
Newton Medical Ctr	175 High St Newton	Sussex County	Breastfeeding Mom's Support Group	1 hour	Weekly Monthly	No	https://www.atlantichealth.org/conditions-treatments/maternity/parent-education-classes/newton-parent-education-calendar.html	Carol / dept. staff	973-579-8555
Overlook Medical Ctr	99 Beauvoir Ave Summit	Union County	Breastfeeding support group Mindful Pregnancy ABC's of Going Home With Your Baby	1.5 to 3 hours	Weekly Monthly	Yes	https://www.atlantichealth.org/conditions-treatments/maternity/parent-education-classes/overlook-parent-education-calendar.html	Monica M. Nurse Manager Maternity Dept.	908-522-4348
Palisades Med Ctr	7600 River Rd North Bergen	Hudson County	Breastfeeding	Contact the program	Twice a month	Yes	https://events.hackensackmeridianhealth.org/c/calendar/5add99e2-c1d9-462e-b53b-40d71d775290	Robin Pitrick	201-954-2833 or 201-520-4785

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Raritan Bay Medical Ctr	530 New Brunswick Ave Perth Amboy	Middlesex County	Breastfeeding	3 hours	Twice a month	Yes	https://events.hackensackmeridianhealth.org/c/calendar/5add99e2-c1d9-462e-b53b-40d71d775290	Refer to website	Refer to website
Raritan Bay Medical Ctr	1 Hospital Plz Old Bridge	Monmouth County	Breastfeeding	3 hours	Twice a month	Yes	https://events.hackensackmeridianhealth.org/c/calendar/5add99e2-c1d9-462e-b53b-40d71d775290	Refer to website	Refer to website
Robert Wood Johnson University Hospital	1 Robert Wood Johnson Pl New Brunswick	Middlesex County	Breastfeeding Pregnancy Support Group	1 hour	Weekly Monthly	Yes	https://www.rwjbh.org/events/event/?event=15400	Refer to website	Refer to website
Robert Wood Johnson University Hospital Somerset	110 Rehill Ave Somerville	Somerset County	Breastfeeding Pregnancy Support Group	1 hour	Weekly Monthly	Yes	https://www.rwjbh.org/events/event/?event=15400	Haydee Abarez	908-381-8345
RWJ/ St. Barnabas	94 Old Short Hills Rd Livingston	Ocean & Monmouth & Essex County	Breastfeeding Pregnancy Support Group Newborn care Labor and Delivery preparation	1 to 7 hours	Weekly Monthly	Yes	https://www.rwjbh.org/documents/VirtualClassRegistration.pdf	Registration and payment: By Phone:Tel# 973-322-5360 By Fax: 973-322-9784	973-322-5360
Shore Memorial Hospital	1 E New York Ave Somers Point	Atlantic & Cape May Counties	Breastfeeding Lamaze	5 hours	Bi-Monthly (Saturdays only 10am to 3pm)	Yes	https://shoremedicalcenter.org/centers/maternity_pediatrics/care_center	Nikole - Director of Shore Beginnings Prenatal Wellness	609-653-3238
St Barnabas Medical Ctr	94 Old Short Hills Rd Livingston	Ocean & Monmouth & Essex County	Breastfeeding Newborn Care Childbirth with Newborn care	Contact the program	Weekly Monthly	Yes	https://www.rwjbh.org/documents/VirtualClassRegistration.pdf	Teresa Lastella - Teresa.Lastella@rwjbh.org	973-322-5360
St Peter's University Hospital	254 Easton Ave New Brunswick	Middlesex County	Lamaze Prenatal Yoga & Exercise New Daddy Baby Care Series Grandparents	1.5 to 5 hours	Contact the program	Yes	https://camperregsecure.com/saintpeters/index.php	Parent Education	732-745-8579
St. Joseph's University Medical Center	703 Main St Paterson 07503	Passaic County	Breastfeeding Newborn Care	2 hours	Contact the program	No	Contact Kathy Brantner at 973-754-3344	Kathy Brantner	973.754.3344
Trinitas Regional Medical Ctr	225 Williamson St Elizabeth	Union County	Call the Breastfeeding Warm line#908- 994-5154	Contact the program	Contact the program	Yes	https://www.trinitasrhc.org/maternal_and_child_health.htm	Shirley McDuffie	908-994-5500
Virtua Our Lady Of Lourdes Hospital	1600 Haddon Ave Camden	Camden County	Breastfeeding Baby Basics Labor Basics Breathing & Relaxation	2 to 3.5 hours	Twice a month	Yes	https://www.virtua.org/ClassesEvents?cTopic={47A3C879-247B-46A8-B700-80EE2F49EF04}	Access Care team	888-847-8823
Virtua West Jersey Hosp-Voorhees	100 Bowman Dr Voorhees	Camden County	Breastfeeding Baby Basics Labor Basics Breathing & Relaxation Post Partum Depression	2 to 3.5 hours	Twice a month	Yes	https://www.virtua.org/ClassesEvents?cTopic={47A3C879-247B-46A8-B700-80EE2F49EF04}	Access Care team	888-847-8823
Virtua Willingboro Hospital	218 Sunset Rd Willingboro	Burlington County	Breastfeeding Baby Basics Labor Basics Breathing & Relaxation	2 to 3.5 hours	Twice a month	Yes	https://www.virtua.org/ClassesEvents?cTopic={47A3C879-247B-46A8-B700-80EE2F49EF04}	Access Care team	888-847-8823

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Virtua-West Jersey Hospital-Marlton	90 Brick Rd Marlton	Burlington County	Breastfeeding Baby Basics Labor Basics Breathing & Relaxation Post Partum Depression	2 to 3.5 hours	Twice a month	Yes	https://www.virtua.org/ClassesEvents?cTopic={47A3C879-247B-46A8-B700-80EE2F49EF04}	Access Care team	888-847-8823
WIC		WIC of Monmouth and Middlesex County	Breastfeeding Parent Zoom Series (Pilot in English and Spanish in Perth Amboy)	1 hour	Contact the program	Yes	Contact Ada Benavente at 732-791-3108	Ada Benavente	732-791-3108