

**· CHILDBIRTH CLASSES ·**

<p><b>Birth Project</b>          Birthing Project Clinic:  <u>1900 T Street</u>; Childbirth classes on Mondays from 11:30 - 1:00 p.m. Start any Monday!</p>	<p>442-2229  <b>Spanish</b>          translation available.</p>
<p><b>Mercy Women's Center</b> \$65  <u>1650 Creekside Dr., Folsom</u>; Mercy Hosp of Folsom  <u>6501 Coyle Ave, Carmichael</u>; Mercy San Juan Med Center  <u>650 Howe Ave, #400</u>; Mercy Women's Center  <u>7500 Hospital Drive</u>; Methodist Hospital</p>	<p>733-6302          call for class          schedules</p>
<p><b>Planned Parenthood</b>          Lamaze classes for Planned Parenthood patients only. Fees covered by Medi-Cal. Contact the Perinatal Coordinator where you receive your care. Classes available in Spanish.</p>	<p>Pgs. 22-25  <b>Spanish</b>          available</p>
<p><b>Sacramento County Department of Health and Human Services</b> Fees covered by Medi-Cal  <u>2251 Florin Rd</u> WIC Office          Classes on Tuesdays from 2:00 to 4:00 p.m.          North Highlands Community Center:  <u>6040 Watt Ave, North Highlands</u>          Classes on Wednesdays from 2:00 to 4:00 p.m.</p>	<p>648-0982          or          875-0900  <b>Discontinued</b>  <b>right now</b></p>
<p><b>San Juan Unified School District (SJUSD) and Without Regret:</b> Free to SJUSD Cal-Safe students (others ask for fee schedule) 971-7308</p>	<p><b>Just For Teens</b>          971-7015</p>
<p><b>UCD Medical Center</b> \$50 for UCDCMC patients; \$65 others  <u>4900 Broadway Ave., Suite 1630</u>          Tuesdays, Wednesdays 7:00 - 9:30 p.m.</p>	<p>734-9797          By Appt. only</p>