

**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.

Tues. July 21	3:30 pm - 5:30 pm	Session 1	Tues. Oct. 20	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

Wed. July 22	3:30 pm - 5:30 pm	Session 4	Wed. Oct. 21	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 ****

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

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

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

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

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

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

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

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

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

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

Wed. Dec. 16	6:00 pm - 8:00 pm	Session 6
(Zoom session)		

Thurs. Sept. 24	6:00 pm - 8:00 pm	Session 6
(Zoom session)		

Thurs. Dec. 17	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