March 2025 Events

Sunday, March 2

- Childbirth - 1:30pm

Monday, March 10

- Sibling Class - 5:00pm
- Baby Care and Car Seat Safety - 6:00pm

Tuesday, March 11

- Grandparents Class - 4:00pm
- The Daddy's Way - 6:00pm
- Breastfeeding Class - 6:00pm

Wednesday, March 12

- Breastfeeding Support Group - 1:00pm

Childbirth

Time: 1:30pm

Frye Regional Medical Center offers free childbirth classes. Rely on our educators to make you feel comfortable and prepared when your big day comes. Learn what to expect when you're pregnant and what to expect during labor and delivery during this one-day class.

Topics covered include:

- Body changes during pregnancy
- Differences between true and false labor
- Stages of labor
- Birthing process and medical treatments
- Techniques for comfort, breathing and relaxation
- Postpartum care

Call 828.315.3041 to register. Or register online here.

Sibling Class

Time: 5:00pm

A class to introduce soon-to-be big brothers and sisters to the idea of a new baby joining your family and discuss their new important role in the family.

Call 828.315.3041 to register. Or register online here.

Baby Care and Car Seat Safety

Time: 6:00pm

Get ready for life with your newborn baby! Learn to recognize your baby's needs and amazing abilities as you explore ways of caring for and comforting your infant.

Call 828.315.3041 to register. Or register online here.

Grandparents Class

Time: 4:00pm

A new grandchild! Are you a bit anxious that there may have been some changes since you gave birth to your own children? Do you need to learn more to help support the new parents? This class will help the new grandparent!

Call 828.315.3041 to register. Or register online here.

The Daddy's Way

Time: 6:00pm

The Daddy's Way gives dads-to-be everything they need to thrive as fathers. Join us virtually as we build your skills, confidence and knowledge, and leave you feeling informed and prepared for what is ahead.

Call 828.315.3041 to register. Or register online here.

Breastfeeding Class

Time: 6:00pm

Get breastfeeding off to the best start possible with our breastfeeding class. Our Certified Lactation Consultant provides you with clear, accurate breastfeeding information for the “soon-to-be” new mother.

Call 828.315.3041 to register. Or register online here.

Breastfeeding Support Group

Time: 1:00pm

This support group is led by a registered nurse and board-certified lactation consultant who provide support and guidance for breastfeeding your child.

Call 828.315.3041 to register. Or register online here.