

Classes and Support at Mercy for Expectant and New Moms



Online Classes

Comprehensive online modules are available for Childbirth, Newborn Care & Breastfeeding. Cost: \$50 for each module.

We are also offering a FREE 2-hour online, live-streamed Childbirth & Newborn Care class. This is a more basic, abbreviated version of our regular childbirth classes. The class is facilitated by a Mercy Childbirth Educator.

To register:

Visit mercy.net/stlclasses and select Mercy Birthplace / View Classes / Labor & Birth Preparation

Lactation Phone Consults & Visits

Call **314.251.6781** to ask questions about breastfeeding. If needed, our lactation team can schedule a video visit with you.

Virtual Breastfeeding with Confidence

On Wednesdays, 1-2 pm., join us for a group meeting via video conference facilitated by a lactation professional. Ask questions, get advice!

To register:

Visit mercy.net/stlclasses and select Mercy Birthplace / View Classes / Breastfeeding Support. Once you register, you will be sent the link to join the meeting.

Ask An Educator

If you are expecting and have questions about the hospital stay, pain control options, virtual hospital tours or anything else on your mind, a Mercy Childbirth Educator is standing by to help.

Call **314.961.2229**, available Monday–Friday, 4–8 p.m.