

Childbirth Education Classes in Grand Rapids

Hospital Classes

Corewell Health Butterworth (formerly Spectrum Health):

<http://www.spectrumhealth.org/healthier-communities/pregnancy-and-parenting-classes>

616-391-5000

GentleBirth

Brenda Baar is a doula and GentleBirth instructor in Grand Rapids

www.eastownbirth.com

Hypnobirthing

Hypnobirthing Classes at Gold Coast Doulas

616-294-0207

www.goldcoastdoulas.com

Stephanie Mayne in Grand Rapids

616-706-1040

Stephanieamayne@gmail.com

www.myBellabirth.com

General Childbirth Classes

GR Natural Birth & Pregnancy

<https://www.grnaturalbirth.com/classes>

Bradley

Go to the following site to find a Bradley instructor near you:

<http://www.bradleybirth.com/>

*The Bradley class is typically a 12-week series of classes with your partner, so you need to register early and be committed to attending all the classes. There is the option of individualized classes.

Breastfeeding Classes

Kelly Wysocki-Emery, IBCLC
Breastfeeding support
www.babybelovedinc.com

Gold Coast Doulas – Lactation Support
<https://www.goldcoastdoulas.com/lactation-support/>

Shira Johnson, ICBLC
Breastfeeding support and classes available
www.shirajohnsonlactation.com/services

Corewell Health Butterworth offers breastfeeding classes

Infant Care

Bringing Home Baby classes offered to doula clients at
www.goldcoastdoulas.com

Corewell Health Butterworth offers infant care and CPR classes

Online Classes:

Mama Natural Birth Class
<https://mamanaturalbirth.com/>

**This list is updated yearly, but sometimes things change without our knowledge. If you see something that is outdated or have new information, please let us know. Please email any suggestions to aobmidwives@gmail.com. Thank you!*