

## Child Birth Education Choices for the Central NY Area April 2006

Childbirth education is an important part of a healthy pregnancy, labor, & delivery.

Check out all the different ways that you can get ready to have your baby! Call as soon as possible to sign up for classes!

Agency and Name of Class/ Program	Location	Cost	Contact Person/ Phone #	Brief Description
<b>Hospitals: Classes held in hospital and include a tour.</b>				
Auburn Memorial Hospital	Auburn Memorial Hospital 17 Lansing Ave Auburn, NY 13021	\$20 - \$40	Sherry Gunnip 315-255-7217	6 week course includes birthing & newborn care, breastfeeding. Must pre-register
Community General Hospital	Community General Hospital, 4900 Broad Road, Syracuse, NY 13215	\$15 to \$110	Jeanne Nolan 315-492-5142	5 week series, weekend seminars, refresher classes, breastfeeding
Community Memorial Hospital "Gentle Touch" Prepared Childbirth Education	Community Memorial Hospital 150 Broad St Hamilton NY 13346		Pat Strong 315-824-6131	4 week series: Prepared childbirth, new baby care, breastfeeding, Wednesday evenings 6:30 - 8:45 p.m.
Crouse Hospital "First Steps"	Crouse Hospital 736 Irving Ave Syracuse, NY 13210	Varies by class	Kathleen Miller Murphy 315-470-5716	6 week series, weekend seminars, refresher classes, parenting, breastfeeding, siblings, postpartum, multiples, CPR
Oneida Hospital	The Lamaze Place 604 Seneca St - 1st Floor Oneida, NY 13421	Free for Madison County PCAP Patients	Michelle Wentworth 315-361-4371	5 class series, Tuesday evenings, Saturdays
Oswego Hospital	Oswego Hospital 110 W. Sixth St Oswego, NY 13126	\$45 - \$55	Sally Cafalone 315-349-5572	6 week series: Childbirth ed and parenting. Wednesday evenings 7 - 9 p.m.
St. Joseph's Hospital Health Center	St. Joseph's Hospital Health Ctr 301 Prospect Ave Syracuse, NY 13203	Varies by class	Chris Vona 315-448-5515	5 week series, day, evening & weekend seminars, refresher class, parenting, breastfeeding (teens, singles and couples welcome, also siblings)

**Health Departments and Health Centers: Classes are held at the center or clinic, arrange for your own tour.**

Cayuga County Health Department	Auburn Memorial Hospital 17 Lansing Ave Auburn, NY 13021	\$20 - \$40 Free for Medicaid eligible	Melissa Sevier 315-253-1080	4 week series. Mondays 7 - 9 p.m., includes tour.
Oswego County Health Department	Oswego County Health Dept. 70 Bunner St Oswego, NY 13126	Free	Deb Foster 315-349-3391	7 week series, includes parenting Tuesday evenings 7 - 9 p.m.
Syracuse Community Health Center	819 S. Salina St Syracuse, NY 13202	Free	Ruth Nunn 315-476- 7921 ext. 2305 or 2674	3 sessions
Agency and Name of Class/ Program	Location	Cost	Contact Person/ Phone #	Brief Description
University HealthCare Center (UHCC) Women's Health Services	90 Presidential Plaza Syracuse, NY 13202	Free to UHCC patients & Regional Perinatal Center	Marjorie Ostrander 315- 464-2169	4 session series, breastfeeding

**Independent Educators**

Andrea Branagan "Gentle Birth Choices"	Locations vary, Auburn area	Varies by service	Andrea Branagan 315- 776-8660 www.gentlebirthchoices.	In-home classes, breastfeeding, private classes, newborn massage, prenatal fitness.
Natural Childbirth Education	203 S. Beech St Syracuse, NY 13210	\$75. 00	Jody Brown 315-476-0447	6 week series: includes nutrition, relaxation, exercise, labor & birth. post-partum &
Amy L. Comfort	Locations vary in Cazenovia	\$225, payment plan is possible	Amy L. Comfort 315-655-4786	Childbirth Education Classes
Doulas of Central New York	CNY Women's Health Care 6800 E. Genesee Street Dewitt, NY 13224	\$60 - \$425 depending on service	Julie Crosby, Christine Goldman, 315-455-6666	Birth classes, refresher class, parenting, breastfeeding, post-partum classes, siblings, Doula Services
Patricia Probert-Farchione		\$300.00	Patricia Probert- Farchione 315-424-0059	Hypnobirthing (self-relaxation for labor and delivery).
Virginia Waldron	GateKeeper Alternative Therapy The White House 7030 E. Genesee St. Suite 103 Fayetteville, NY 13066	\$275.00	Virginia Waldron (315) 243-1828	Certified HypnoBirthing Practitioner - Labor and childbrith education and preparation, including hypnotherapy techniques for a comfortable, easy and natural labor and delivery. Fee includes 5 classes, book, tapes and other materials.

**OB Practices: Classes held in the office. Arrange for your own hospital tour.**

CHOICES West	5700 West Genesee St. Camillus, NY 13031	\$80. 00	Lorraine Kenny or Andrea Branagan 315- 492-8051 315-492-5578	1 all-day session (Saturday, includes snacks and lunch.)
Fingerlakes OB/GYN Midwifery Care	75 Genesee St Auburn, NY 13021	Varies	Andrea Branagan 315- 252-3500	Childbrith Education
Jackie Gagen, CNM	Physicians Office Building 4900 Broad Road Syracuse, NY 13215	\$60. 00	Jackie Gagen, CNM 315- 492-5405	Series of sessions, parenting, breastfeeding, sibling, post-partum
Cathy J. Berry, MD, PC and Associates	407 University Ave Syracuse, NY 13210	Free for PCAP & Patients of the practice	Genie Rotundo 315-422-8105	Classes for teens available.
Cathy J. Berry, MD, PC and Associates	Willet Parkway Baldwinsville, NY	Free for PCAP & Patients of the practice	Connie Milliman 315-638-0263	Classes for teens available.
William Bock, MD	Health Central Building GardenStreet Auburn, NY 13021		Melissa Bock, FNP 315- 252-6000	1 session as needed
<b>Community Pregnancy Services</b>				
New Hope Family Services	3519 James St Syracuse, NY 13206	Free	Faith Terry 315-437-8300	2 - 3 Meetings
Catholic Charities	1654 W. Onodaga Street Syracuse NY 13204	Free	Gail Mueller 315- 362-7520	Monthly sessions(4 classes per sessions) Tuesdays 10am-12 noon.

Tour: Classes held at a hospital include a tour. Call the hospital contact person on this list to arrange a tour if you are taking classes privately, or at a clinic or health center.

List compiled by Family Ties Network, Inc. Please call 315-424-0009 with corrections and additions

Funded in part by New York State Department of Health, Division of Family Health