

Prenatal Education Class

Learn about giving birth to your baby and take a tour of Natividad



About the Class

Attend a 3-hour class with an expert labor and delivery nurse. You'll learn about what to expect when you give birth to your baby at Natividad.

- When to come to the hospital and stages of labor
- Labor tools and pain management options
- Birth plans
- Delivery process for vaginal and cesarean births
- How to care for your newborn
- Life after delivery
- Tour the hospital

Partners are welcome and encouraged to attend. It is strongly recommended that you arrange for childcare before attending the class.

Class Location

Natividad Medical Center
1441 Constitution Blvd., Salinas, CA 93906
Class is in the Natividad Room near the Gift Shop.
Use Entrance 2, Outpatient Services.

2026 Class Times & Dates

Choose one class in your preferred language at least a month before you give birth.

No registration required. The class is free.

English classes are the first Tuesday of the month.
5:00 pm to 8:00 pm

- August 4
- September 1
- October 6
- November 3
- December 1

Spanish classes are the third Tuesday of the month.
5:00 pm to 8:00 pm

- August 18
- September 15
- October 20
- November 17
- December 15