

# Great Starts Specialty Classes: April – August 2011



Baby Care for the Adoptive Family (\$45/couple)  
Center for Strong Families at 2200 Rainier Ave S.  
Instructor: Dolly Smith, IBCLC

Sat	28-May	9am - noon
Sat	30-Jul	9am - noon

Better Birth Refresher (\$45/couple)  
Center for Strong Families at 2200 Rainier Ave S.  
Instructor: Janelle Durham, MSW

Sat	23-Apr	2-5pm
Sat	4-Jun	2-5pm
Sat	16-Jul	2-5pm
Sat	27-Aug	2-5pm

Babysafe: Infant Safety and CPR (\$20/individual)  
Seattle Children's or UWMC NW Hospital & Medical Center  
Instructors varies; taght by AHA-certified CPR instructor

Sat	9-Apr	9:30am - 12:30pm	NW Hospital
Tue	26-Apr	6-9pm	Children's
Sat	14-May	9:30am - 12:30pm	NW Hospital
Thu	2-Jun	6-9pm	Children's
Sat	18-Jun	2-5pm	NW Hospital
Thu	30-Jun	6-9pm	Children's
Sat	9-Jul	9:30am - 12:30pm	Children's
Sat	16-Jul	9:30am - 12:30pm	NW Hospital
Thu	28-Jul	6-9pm	Children's
Sat	13-Aug	9:30am - 12:30pm	NW Hospital
Tue	30-Aug	6-9pm	Children's

Conscious Fathering (\$30/dad - can bring male relative)  
UWMC NW Hospital & Medical Center  
Instructor: Matt Edwards

Thu	21-Apr	7-9:30pm
Thu	26-May	7-9:30pm
Thu	16-Jun	7-9:30pm
Thu	14-Jul	7-9:30pm
Thu	18-Aug	7-9:30pm

Infant and Child CPR: AHA Certification Class (\$40/individual)  
Seattle Children's Administration Bldg (NE 70th & Sand Point Way NE)  
Instructors varies; taght by AHA-certified CPR instructor

Thu	21-Apr	6-9pm
Tue	3-May	6-9pm
Sat	7-May	9:30am - 12:30pm
Thu	19-May	6-9pm
Tue	7-Jun	6-9pm
Sat	18-Jun	9:30am - 12:30pm
Tue	28-Jun	6-9pm
Thu	7-Jul	6-9pm
Sat	9-Jul	2-5pm
Tue	19-Jul	6-9pm
Sat	6-Aug	9:30am - 12:30pm
Thu	11-Aug	6-9pm
Tue	23-Aug	6-9pm

Cloth Diapering & Elimination Communication (\$20/individual)  
Center for Strong Families at 2200 Rainier Ave S.  
Instructor: Natalie Velush, owner of Punkernoodle Baby

Sat	16-Apr	11am-1pm
Sat	4-Jun	11am-1pm
Sat	31-Jul	3-5pm

Early Pregnancy (The First 5 Months) (\$20/individual, \$35/couple)  
Center for Strong Families at 2200 Rainier Ave S.  
Instructor: Carrie Kenner, LCCE

Mon	26-Apr	6:30-9pm
Mon	18-Jul	6:30-9pm

Happiest Baby on the Block (\$20/individual, plus \$15/couple for DVD)  
NW Hospital & Medical Center  
Instructor: Jennifer McArthur, CD(DONA)

Thu	26-May	7-9pm
Thu	1-Sep	7-9pm

Sibling Adjustment: For Big Brother/Sister (\$25/child, +\$5/sib)  
Center for Strong Families at 2200 Rainier Ave S.  
Instructor: Penny Simkin, PT

Mon	18-Apr	6-7pm
Mon	16-May	6-7pm
Mon	13-Jun	6-7pm
Mon	18-Jul	6-7pm
Mon	18-Aug	6-7pm

Sibling Adjustment: For Big Brother/Sister (\$20/child, +\$5/sib)  
UWMC NW Hospital & Medical Center  
Instructor: Katharine Neill, RN

Fri	8-Apr	6:30-7:30pm
Fri	10-Jun	6:30-7:30pm
Fri	12-Aug	6:30-7:30pm

Sibling Adjustment: For Parents (\$25/family; \$20 if taken with Penny Simkin's Sibling Adjustment: Big Brother/Sister class)  
Center for Strong Families at 2200 Rainier Ave S.  
Instructor: Kim James, ICCE, LCCE

Mon	18-Apr	6-7pm
Mon	16-May	6-7pm
Mon	13-Jun	6-7pm
Mon	18-Jul	6-7pm
Mon	18-Aug	6-7pm

Vaccinations: A Naturopathic Introduction (\$20/individual)  
Center for Strong Families at 2200 Rainier Ave S.  
Instructor: Molly Gray, ND

Tue	26-Apr	6-8pm
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Working with Labor Pain (\$40/couple)  
Center for Strong Families at 2200 Rainier Ave S.  
Instructor: Angie Dobbins-Frisbie, CD(DONA)

Thu	19-May	6:30-9:30pm
Thu	28-Jul	6:30-9:30pm