

## Meet Your Instructors

**Maria Friend, RN, BSN, CCE** —Maria has over 20 years of experience educating new parents on pregnancy, birth, and infant/child care. She is a Registered Nurse and Certified Childbirth Educator. Maria is also the Program Director for the Garrett County Health Department Early Care Programs.

**Erin Marsh, RN, IBCLC, CCE** —Erin has over 10 years of experience educating new parents on pregnancy, birth, and infant/child care. She has assisted mothers to breastfeed and is a Certified Lactation Consultant. She is a Registered Nurse and Certified Childbirth Educator. She is employed at Garrett Regional Medical Center as a Labor & Delivery Nurse.

**Katie Welch, RN, IBCLC, CCE** —Katie has over 9 years of experience educating new parents on pregnancy, birth and infant/child care. She is a Registered Nurse and Certified Childbirth Educator. She has assisted mothers to breastfeed and is a Certified Lactation Consultant. Katie is a Nurse Supervisor with the Garrett County Health Department Early Care Programs. Prior to working at the Garrett County Health Department, Katie was also employed at Garrett Regional Medical Center as a Labor & Delivery Nurse.

**Kelsey Artice, RNC-OB, CCE**—Kelsey has almost 10 years of experience educating new parents on pregnancy, birth and infant/child care. She is a Registered Nurse and Certified Childbirth Educator. She is currently employed at WVU Medicine Children's Maternal Infant Care Center as a Charge Nurse.



### Classes are held at the Garrett County Health Department

Conference Rooms A & B  
1025 Memorial Drive  
Oakland, Maryland 21550

Phone: (301) 334-7720

Email: [maria.friend@maryland.gov](mailto:maria.friend@maryland.gov) or  
[debra.house@maryland.gov](mailto:debra.house@maryland.gov)



The GCHD Prepared Childbirth Education Program is provided in part by the Garrett County Local Management Board administered through the Garrett County Health Department

## 2023 Prepared Childbirth Education Classes



Garrett County Health Department



Classes are free, fun, and available weekends  
or evenings to fit your schedule.

## Why Prepare?

Whether it is your first or your fifth, the birth of your baby is one of the most exciting events in your life. It is the one thing you will always remember. Learning everything you can will help prepare you for your baby's birthday. The information you gain through prepared childbirth will increase your confidence, assist you to make good decisions for you and your baby, and help you on your journey through birth.



## What You Will Learn...

- How your baby grows and how your body changes and prepares for childbirth
- What to bring and when to go to the hospital
- What to expect while in labor
- Relaxation, position, and breathing techniques for comfort
- Medication options
- What to expect when delivering your baby
- Preparing for the unexpected
- Newborn characteristics and procedures

## What to bring...

Yourself, your questions, the person you would like to support you in labor, snacks and drinks for you and your partner, two pillows and a blanket.



## 2023 Class Schedule

Two **Wednesday** Evenings: 6:00– 8:30 p.m.  
(includes hospital tour when possible)

- January 4th & 11th
- March 1st & 8th
- May 3rd & 10th
- July 5th & 12th
- September 6th & 13th
- November 1st & 8th

One Day **Saturday** Classes  
9:00 a.m.-3:30 p.m.

- February 4th
- April 1st
- June 3rd
- August 5th
- October 7th
- December 2nd

To register and for more information  
call: 301-334-7720