

Meet Your Instructors

Katie Welch, RN, IBCLC, CCE — Katie has over 10 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.

Yvonne McConnell, MSN, RN, CCE—Yvonne has over 33 years of experience in nursing with a specialty in Maternal Child Nursing. She is a Registered Nurse and has previously worked as a lactation consultant, childbirth educator and home visitor/supervisor for the Garrett County Health Department Early Care Programs. Yvonne retired in 1997 to continue her career in teaching. For the last 7 years, she has taught nursing in Immokalee, Florida, and now holds a position as Associate Professor of Nursing at Allegany College of Maryland teaching Pediatrics, Obstetrics and Mental Health.

Maria Friend, RN, BSN, CCE — Maria has over 25 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.

Sharon Rounds, RN, CHN II—Sharon has over 31 years of experience in nursing with a specialty in Community Health Nursing. She is a Registered Nurse and has previously worked in Obstetrics, Pediatrics, School Nursing, and Family Planning. She retired from her full-time position at the Garrett County Health Department in 2021 and has continued to work part-time. She is currently a childbirth educator and Early Care Outreach Nurse for the Garrett County Health Department Early Care Programs.



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 or
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

2025 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.



2025 Class Schedule

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

- January 7th & 14th
- March 4th & 11th
- May 6th & 13th
- July 1st & 8th
- September 2nd & 9th
- November 4th & 11th

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

- February 1st
- April 5th
- June 7th
- August 2nd
- October 4th
- December 6th

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