



PennState Health
St. Joseph Medical Center



Breidegam Family Birthing Center

2023 Birthing Center Class Schedule

Penn State Health St. Joseph Medical Center is dedicated to providing you support and education to ensure a happy and healthy birth experience. All classes take place at 2500 Bernville Road, Reading.

Childbirth Preparation

Mondays, 5–9 p.m.

Jan. 30
Feb. 27
March 27
April 24
May 22
June 19
July 17
Aug. 14
Sept. 11
Oct. 9
Nov. 6
Dec. 4

Saturdays, 8 a.m.–noon

Jan. 7
Feb. 4
March 4
April 1
May 20
June 24
July 22
Aug. 19
Sept. 16
Oct. 14
Nov. 11
Dec. 9

Registration fee: \$75

To register, contact:

Stacey Border, Women and Children Services director
610-378-2078 | sborder@pennstatehealth.psu.edu

Breastfeeding Your Newborn

Jan. 25, 6–8 p.m.
Feb. 21, 6–8 p.m.
March 15, 6–8 p.m.
April 15, 10 a.m.–noon
May 17, 6–8 p.m.
June 20, 6–8 p.m.
July 12, 6–8 p.m.
Aug. 19, 10 a.m.–noon
Sept. 13, 6–8 p.m.
Oct. 26, 6–8 p.m.
Nov. 8, 6–8 p.m.
Dec. 14, 6–8 p.m.

Registration fee: \$20

To register, contact:

Tara Schmid, lactation consultant
610-378-2068
tschmid@pennstatehealth.psu.edu

Tours

Call 610-378-2709 to schedule a tour of the Breidegam Family Birthing Center.