



Information Provided Courtesy of:



457 State Street, Binghamton, NY 13901 • (607) 772-0517 • (800) 231-0744

www.mothersandbabies.org • Find us on Facebook

Providers require pre-registration. Partners welcome. Patients should check with their insurance to see if financial reimbursement available. Class dates, times, cost & content subject to change at provider's discretion. Please contact M&BPN if you would like to add or change a listing. Last Update: March 27, 2012

BROOME COUNTY

UHS: WILSON MEDICAL CENTER

33-57 Harrison St., Johnson City, NY 13790

www.uhs.net

Contact: Sue MacNeill at 607-763-5092

Offered once a month on 3-consecutive Tuesdays or Wednesdays; once a month on Saturdays from 9am-5pm or quarterly as a 2-day weekend. Attendance suggested 4-8 weeks before EDD. Cost is \$60. Medicaid patients free.

LOURDES HOSPITAL

169 Riverside Dr., Binghamton, NY 13905

www.lourdes.com

Contact: 877-9LOURDES

Offered once a month on 4-consecutive Mondays or Wednesdays from 6-8:30pm. Attendance recommended anytime during pregnancy. Cost is \$50 per couple. Classes free to DeMarillac patients. "Preparing for Cesarean Birth" also available (additional fee).

CHENANGO COUNTY

UHS: CHENANGO MEMORIAL HOSPITAL

179 North Broad St., Norwich, NY 13815

www.uhs.net/womens-health

Contact: 607-337-4145

Offered in 4-consecutive sessions every other month on Mondays from 6:30-8:30pm. Attendance suggested 4-8 weeks before EDD. Cost is \$40. Medicaid patients should contact their insurance for possible reimbursement.

CORTLAND COUNTY

CORTLAND REGIONAL MEDICAL CENTER

134 Homer Ave., Cortland, NY 13045 /

www.cortlandregional.org/patientcare/maternity

Contact: 607-756-3750

Offered as a 2-day weekend class once a month from 9am-4pm and 9am-3pm. Attendance suggested at end of pregnancy. 10 couples per class maximum. Cost is \$50. Medicaid patients should contact their insurance for possible reimbursement.

FAMILY HEALTH NETWORK

17 Main St., # 302, Cortland, NY 13045 /

www.familyhealthnetwork.org

Contact: Yvonne Burnette at 607-758-3400

Offered every other month on Thursdays for 4-consecutive weeks from 3-5 p.m. Attendance suggested 4-8 weeks before EDD. FHN patients given priority status. Cost is \$50. Financial assistance often available for Medicaid, Total Care & Fidelis patients.

THE FAMILY MEDICINE CENTER

4077 West Rd., Route 281, Cortland, NY 13045

Contact: Jackie Tucker / Charlene Hill at 607-753-9977

Offered 3-consecutive weeks, Wednesdays or Thursdays from 6-8pm. Class availability based on EDD. Attendance suggested 4-8 weeks before EDD. Cost is \$50. Patients should contact their insurance for possible reimbursement.

DELAWARE COUNTY – No delivery hospitals

*Suggestions: **LOURDES & UHS** (Broome), **CMH** (Chenango) or **A.O. FOX** or **BASSETT** (Otsego).

OTSEGO COUNTY

A.O. FOX HOSPITAL CENTER

1 Foxcare Dr., Oneonta, NY 13820 /

www.aofoxhospital.com

Contact: Maternity at 607-431-5730 / 607-431-5734

Offered once a month on Saturdays from 9am-4pm. Attendance suggested last three months of pregnancy. Pre-registration recommended by 6th month of pregnancy. Cost is \$30 for deliveries in-house; \$40 outside of hospital. Medicaid patients are free.

BASSETT HEALTHCARE: BASSETT MEDICAL CENTER & LITTLE FALLS HOSPITAL CLINIC

(Medical Center) One Atwell Rd., Cooperstown, NY 13326 or (Clinic) 160 Burwell St., Little Falls, NY 13365 / www.bassett.org

Contact: Bassett Medical Center at 607-547-3535

CBE generally offered, one Saturday a month, 9:30am-5pm in Cooperstown or 3-consecutive Wednesdays or Thursdays, 6:30-8:30pm in Little Falls based on delivery dates. Attendance suggested 7th/8th month of pregnancy. Pre-registration recommended by 5th month. Cost is free.

TIOGA COUNTY – No delivery hospitals

*Suggestions: **LOURDES & UHS** (Broome), **CORTLAND REGIONAL** (Cortland) or **CAYUGA MEDICAL** (Tompkins)

ARNOT OGDEN MEDICAL CENTER

Clute Building, 600 Roe Ave., Elmira, NY 14905 / www.amoc.org

Contact: Health on Demand at 607-737-4499

Offered every other a month, one Saturday from 8:30am-5pm or 6-consecutive weeks on Monday or Thursday evenings. Attendance suggested by 8th month. Pre-registration recommended as soon as pregnancy determined. Cost for Saturdays is \$45, \$22.50 for Medicaid patients or \$15 for MOMS patients. Cost for weekday is \$48, \$24 for Medicaid patients or \$15 for MOMS patients.

GUTHRIE HEALTH: ROBERT PACKER HOSPITAL

1 Guthrie Square, Sayre, PA 18840 /

www.guthrie.com

Contact: April Williams at 570-887-5034

Offered either one night a week for 4-consecutive weeks from 6:30-9:30pm or one Saturday from 9am-4pm. Attendance suggested at 34 weeks pregnancy. Cost is \$60. MOMS & Healthy Beginnings patients are free. Pre-registration recommended at 20-24 weeks of pregnancy.

TOMPKINS COUNTY

BIRTHING FROM WITHIN

Contact: 607-342-1633

CAYUGA MEDICAL CENTER

101 Dates Dr., Ithaca, NY 14850 / www.cayugamed.org

Contact: Maternity Ward at 607-274-4408

Offered every first Saturday of the month from 9am-4pm. Attendance suggested 4-8 weeks before EDD. Cost is \$75. Medicaid patients should contact their insurance for possible reimbursement.

HOLISTIC CHILDBIRTH

717 North Cayuga St., Ithaca, NY 14850 www.holisticchildbirth.org

Contact: Kate Dimpfl at 917-613-7865 / kate@holisticchildbirth.org

Group courses are either six-consecutive Thursdays from 6-9pm or two-consecutive Saturdays 10-4pm for \$275. Private sessions available anytime for \$300. Attendance recommended for completion by 36 weeks pregnancy. Receipts provided for patients to submit to their insurance for reimbursement. Sliding scale available if necessary.

ITHACA PREGNANCY CENTER

210 West Green St., Ithaca, NY 14850

www.ithacapregnancy.com

Contact: 607-273-4673 / hope@ithacapregnancy.com

Group classes scheduled based on need & vary in dates, times and duration as type of child birth classes require different curriculums (i.e. Bradley Method 12 weeks). Please call the office which is open weekdays 10am-5pm. All services are free. "Expectant Moms Mentoring" also available which is individual education for 6-8 weeks.

MINDFUL PARENTING

mindfulparenting.wordpress.com

Contact: Nancy Koschmann at 607-539-6783 / nancykoschmann@mac.com

OB/GYN ASSOCIATES OF ITHACA

20 Arrowhead Dr., Ithaca, NY 14850

www.ithacaobgyn.com

Contact: Lorene Jump at 607-266-7800

Offered every 6-8 weeks on a Saturday from 8:30am-1pm for \$80 for the public and patients. Pre-registration suggested in the 2nd trimester with completion by 30-36 weeks. No financial assistance available but receipts provided for patients to submit independently.

SERENE BIRTH HYPNOTHERAPY & DOULA SERVICES

Contact: Tami Bennet, Certified Hypnobirthing Practitioner & Doula at 607-279-6156 / serenebirths@hotmail.com

Five 2½ hour classes for \$180, usually weekday evenings but times are flexible to include weekends. Scheduling based on client due dates. Sliding scale is available based on need. Receipts provided for patients to submit independently to their insurance.

TOMPKINS HEALTH DEPARTMENT

55 Brown St., Ithaca, NY 14850

www.tompkins-co.org/health

Contact: 607-274-6604