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Delaware County Health Department Launches “Birth and Beyond” Free Childbirth Education Classes in 2026

MEDIA, Pa. — In partnership with **Family Village**, the **Delaware County Health Department** (DCHD) is launching *Birth and Beyond*, an initiative designed to improve maternal and infant health outcomes by increasing access to education, supportive services, and community resources for birthing and expecting families.

This initiative includes monthly *Birth and Beyond* pop-up events throughout Delaware County as well as Free Childbirth Education classes on Fridays at DCHD’s Yeadon Wellness Center in 2026.

These free Childbirth Education Classes will be offered in two-class sets. The first class, themed “**New Mom, New Beginnings**,” will take place on **Friday, January 9, from 12:00 p.m. to 1:30 p.m.** The event will highlight resources and support services for new mothers and individuals who are currently pregnant. The second class in that set will take place **on Friday, January 30 from 12:00 p.m. to 1:30 p.m.**

Future class sets are scheduled from 12:00 p.m. to 1:30 p.m on February 13/February 20, March 6/March 20, and April 3/April 17, 2026.

All of the childbirth education classes are being hosted at the Delaware County Health Department Yeadon Wellness Center, 125 Chester Ave, Yeadon. Light snacks will be provided.

“As part of Birth and Beyond, we are working to ensure families have access to trusted information and meaningful support during pregnancy and the postpartum period,” said Lora Siegmann Werner, Director, Delaware County Health Department. “By bringing these resources directly into communities across the county, we hope to reduce barriers to care and keep mothers and their babies healthy.”

Birth and Beyond events are intended for **birthing and expecting parents and their partners**. **Registration is required**, and space is limited. Interested participants can register by calling the DCHD Wellness Line at **(484) 276-2100**.

Additional *Birth and Beyond* events and themes will continue monthly throughout 2026, with information released on an ongoing basis.

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