Pregnancy and Early Parenting Education Program

Email completed form to birthing@ohsu.edu

CareOregon Recipient Information	
Name of expectant parent	
Date of birth of expectant parent	
Name of support person	
CareOregon member ID#	
CCO assigned	
Address	
City, state and zip	
Phone number	
Email address	
Due date	
Name of maternity care provider	

E-classes are available in English, Spanish, Portuguese, Mandarin, German, French, Arabic and Japanese. Choose your language preference when you log in.	In-person or virtual (see class description)				**Self-guided E-classes**		
	Understanding Birth	Understanding Breastfeeding	Understanding Your Newborn	Understanding Infant Safety	Understanding Birth Self-guided e-class	Understanding Breastfeeding Self-guided e-class	Understanding Your Newborn Self-guided e-class
We offer 1 free class per family. Select your class.							
Add your preferred class date.							

Center for WOMEN'S HEALTH