

*Ukiah Valley  
Medical Center*



FOR IMMEDIATE RELEASE

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**Childbirth Education Programs Expand In Ukiah**

Beginning in September Ukiah Valley Medical Center (UVMC) will transfer its Perinatal Education Program to Mendocino Community Health Clinic, Inc. (MCHC). The program, to be offered at Hillside Health Center, 333 Laws Avenue, in Ukiah, includes childbirth education classes on topics such as relaxation, birthing basics, and baby safety. Although the program will be transferred to a new location, the classes will remain focused on giving parents an excellent preparation for the experience of childbirth.

MCHC will expand their Perinatal Education Program to meet additional needs. One of MCHC’s educators, Certified Nurse-Midwife Ellen Grossman said, “We’re excited to partner with Ukiah Valley Medical Center. These comprehensive childbirth education classes are a natural expansion of our practice. When parents show up at UVMC ready to deliver their baby, they’ll be well prepared.” MCHC’s Nursing-Manager Rhonda Madrigal, RN, said, “We’re thrilled to have the opportunity to continue these vital services to our community. Our program is well prepared to meet the needs of our community.”

UVMC will begin a new program called “Tea for Two”, a monthly forum to introduce expectant mothers and fathers to the hospital. The program will include refreshments, a tour of the Birthing Center, a question-and-answer time along with educational handouts. “We are delighted to offer this new program to our community so that parents-to-be can get a behind-the-scenes look at the excellent birthing facility we have here in Ukiah,” said Karen Stewart, RN, MSN, Director of Perinatal Services.

UVMC Vice President of Patient Care, Carolyn Kozik, RN, MSN, said, “It’s these kinds of community partnerships that makes Ukiah so unique. UVMC and MCHC share a tradition of meeting the health care needs of our community and we’re pleased to be working together to continue this important program in our community.”

For more information on MCHC’s expanded Perinatal Program call 707-472-4603.

For more information of UVMC’s new “Tea for Two” program call 707-463-7550.

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