



## Family Education

**Boise and Nampa: 208-367-3454**

e-mail [BO-FamilyCenter@sarmc.org](mailto:BO-FamilyCenter@sarmc.org) or visit [www.saintalphonsus.org](http://www.saintalphonsus.org)

Lamaze or HypnoBirthing Childbirth Prep  
OWL – Adolescent Sexuality  
CPR for Family & Friends  
Taming the Toddler  
Prenatal and Postpartum Yoga  
Babysitting Safely  
Car Seat Checks

Newborn Care and Parenting  
Parenting at Midnight  
Sibling Preparation  
Baby Signing Time  
Baby and Me Support Group  
Infant Loss Support Group  
Sexual Abuse Prevention

## Infant Nutrition and Lactation Services & Support

**Boise: 208-367-4063**

**Nampa: 208-288-4852**

Breastfeeding Classes  
Inpatient & Outpatient Consultations  
Breastfeeding Telephone Support

Breastfeeding Support Group  
Lactation Retail Boutique  
NICU Lactation Support

**\*Lactation Services and breast pumps are often covered by insurance\***

## Massage Services

**Boise and Nampa: 208-367-7490**

Prenatal                      Therapeutic  
Postpartum                 Senior

## Nutrition Services

**Boise: 208-367-DOCS**

Pregnancy                      Weight Loss  
Pediatric Nutrition             Food Allergies  
High Cholesterol                Gastrointestinal Issues  
Heart Health                      Hypertension  
Pre-Diabetes                      Disease Prevention & Management

**\*Nutrition Services may be covered by insurance\***