

Get Ready for Baby!



Free Classes to Help Parents and Grandparents Prepare!

Whether you are soon to be a parent or soon to be a grandparent, we'd love to help you feel more prepared!

Free community classes taught by a certified childbirth educator.



2024 Dates & Locations:
February 17th at ELI Thrive
April 20th at Crescent Cultural
July 20th at ELI Thrive
October 19th at Crescent Cultural

Information and Registration



Morning session focuses on birth preparation: (9 am to noon)

- Choosing a care provider that's right for YOU
- What happens during labor
- Birth options and decision-making
- Medical and non-medical comfort measures

Afternoon session focuses on caregiving skills for grandparents: (1 pm to 4 pm)

- Providing support during labor
- Basic and not-so-basic newborn care
- Taking care of YOUR baby while she's recovering from giving birth

Presented by:

BirthWell Partners
Community Doula Project
www.BirthWellPartners.org

In partnership with:



ELI

