

# BirthWell Partners

Community Doula Project

## Free Monthly Prenatal and Postpartum Support Groups!

Feel more supported during pregnancy and after giving birth by meeting with others on this same journey of parenthood!

Come by yourself or bring members of your team with you: partners, moms, best friends, doulas, and of course babies are welcome!

*Birth Team*

**10 am Saturday Prenatal Group**  
AND  
**10 am Saturday Postpartum Group:**  
See online schedule for dates

**Location:**



1121 Tuscaloosa Ave  
Birmingham, AL 35211

For more information  
about these groups as  
well as childbirth classes  
and other services:



**10 am Friday Postpartum Group:**  
Meetings 2nd Friday each month at



2401 Crossplex Blvd  
Birmingham, AL 35208

BirthWell Partners is a 501c3 Non-Profit organization.