

# Childbirth Education

for Black, Indigenous, & All Families of Color

This two-day Zoom class has been intentionally crafted to influence a deep connection to self and honor the cultural experience of birth. Layered with activities for yourself and a support team to explore birth from conception to infant care, everyone will benefit from attendance.

Come, laugh, cry, learn, meditate, and celebrate the life-giving process as a community of Black, Indigenous, and People of Color.

**March 23-24**

10 am-2 pm

**May 4-5**

10 am-2 pm

**August 3-4**

10 am-2 pm

**October 5-6**

10 am-2 pm



**Register here!**  
or at [bit.ly/OAPSRequestServices](https://bit.ly/OAPSRequestServices)