

Childbirth Education for Spanish-speakers

online

This two-day class, taught in Spanish over weekends, is designed for Latine birthing people and their families. It's free of cost and held online!

Day 1 Topics:

- Pregnancy, Labor, & Birth
- Comfort Measures
- Pain, Medication, & Interventions

Day 2 Topics:

- Decision Making
- Creating a Birth plan
- Postpartum, Newborn, & Breast/chestfeeding Basics

March 23-24

10 am-2 pm

June 29-30

10 am-2 pm

Sept 21-22

10 am-2 pm

Dec 7-8

10 am-2 pm



Register here!
or at bit.ly/OAPSRequestServices