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perinatal services



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# Childbirth Education

## For Black, Indigenous, and All People of Color

Learn more about pregnancy and birth, from conception to infant care. Each class is standalone, and we offer an online or in-person option!

These classes are for pregnant people and their partners and doulas. Any support people are encouraged to attend.

- **Saturday, August 3, 10 am – 2 pm**  
**El Centro de la Raza, Room 305**
- **Sunday, August 4, 10 am – 2 pm**  
**Online via Zoom**

### Topics Covered

- Birth Stages
- Birth for all Body Types
- Comfort Measures
- Exploring Cultural Birth Traditions
- Postpartum Care for You and Baby
- Baby Wearing

**Questions? Email [cbe@openarmsps.org](mailto:cbe@openarmsps.org) or call or text 206-309-0712.**