

Childbirth Education

For Black Families



Register here!

or at bit.ly/OAPSRequestServices

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 24, 10 am – 2 pm**
El Centro de la Raza, Room 305
- **Sunday, August 25, 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@openarmsp.org.

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