



Welcome, mama-to-be! Get ready for an epic adventure of self-discovery and empowerment as you make informed choices, cultivate trust in birth, learn labor coping skills and your partner learns labor support methods.

A FOUR-WEEK SERIES OF CHILDBIRTH PREPARATION CLASSES
FOR PREGNANT WOMEN & THEIR BIRTH PARTNERS

Empowered Birth Choices

Free for Medi-Cal/Caid

Regular Rate:
\$350 per series
\$100 per session

TOPICS COVERED:

- Class One: Understanding Childbirth
- Class Two: Coping with Labor
- Class Three: Options & Choices for Birth
- Class Four: Postpartum, Newborn Care & Breastfeeding

REGISTER HERE:

[HTTPS://CHILDBIRTHPREONZOOM.EVENTBRITE.COM](https://childbirthpreonzoom.eventbrite.com)

GRAB YOUR SPOT!

CALL (626) 388-2191 EXT. 2

Register for 4 Week Series or Individual Sessions.



motherbabysupport.net
(626) 388-2191

Doula@motherbabysupport.net

Taught by HMHBA Doula



DATES OF SESSIONS (ON ZOOM):
SUNDAYS, 2:00-5:00 PM (PST)
JUNE 2, 9, 23 & 30, 2024

JORDAN FULOW, CD, CCE, CPD, CLE