

# Childbirth Education Group

Tuesdays  
June 11th to July 23rd, 2024  
6:00 PM to 7:30 PM

## Education

Our 7-week childbirth education group is for pregnant individuals at any stage in their pregnancy up to age 24 and is a place to learn what to expect during pregnancy, birth and early postpartum. We'll cover topics such as birth planning, comfort measures, lactation, newborn care, and so much more!

## Community

This is also an opportunity to connect with other young parents & expand your village. At the end of the 7 weeks, the goal is for you feel confident, connected and empowered in preparation for your birth.

## Support

This group is provided at no cost to participants

Transportation, childcare & meal provided

Free chiropractic care provided to participants & children by Dr. Veronica

Free of cost doula services

Shop our Mom's Closet, Girls Store & Food Pantry for FREE

Scan Here To Register:



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Des Moines, IA 50309



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