



Personalized Childbirth Classes

Prepare for your birth in small, group classes suited for one on one support to *your needs*. Support persons are encouraged to attend these interactive, visual and hands-on-learning birthing classes where no more than 5 couples may register. Learn about:

- Pregnancy
- Labor
- Comfort techniques (natural & medical)
- Understanding newborns
- Postpartum Care
- Breastfeeding

A new series begins every month and is a total of 12 hours. Each couple should expect personal attention to their situation and desires as well as referrals as needed. \$150 per couple

(209) 384-BABY or www.beforeandafterbaby.org