



# Virtual Prenatal group



HOMELESS PRENATAL PROGRAM • 2500 18<sup>TH</sup> ST SAN FRANCISCO • (415) 546-6756 • WWW.HOMELESSPRENATAL.ORG



**Thursday 1/7- 2/25**  
**10:30 AM - 11:30 AM**  
**Via zoom**

*For families expecting a baby.*

*Come build community with other families expecting a baby! This class covers important topics including prenatal care, preparing for childbirth and caring for your newborn.*

***Please contact Hanna at 415-273-9043 before 1/5/2021 to register.***

Discomforts of Pregnancy	1/7/21	Postpartum Recovery	2/4/21
Labor and Birth Part I	1/14 /21	Taking Care of your Newborn	2/11/21
Labor and Birth Part II	1/21/21	Family Planning	2/18/21
Feeding your Baby	1/28/21	Baby Shower!	2/25/21