



# Prenatal Support Group

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



**July 20th through  
September 7th 2022 on Wednesdays at 1:30**

**HYBRID ONLINE/IN-PERSON PRENATAL SUPPORT GROUP**

For families expecting a baby:

- Join us for our 8-week hybrid birth class series to prepare for an amazing birth, feeding, and newborn care experience while building a community.
- Some of the topics that will be covered include, Process of labor & birth, How to navigate interventions, Preparation for natural birth, Comfort measures & relaxation & postpartum care.

To register call: Hanna at 415-273-9043 or Katherine at 415-855-1701

July 20 , 2022	Pregnancy Discomforts and Prenatal Care
July 27, 2022	Labor and delivery, Part I
Aug 3, 2022	Labor and birth, Part II
Aug 10 , 2022	Postpartum period
Aug 17, 2022	Feeding your baby
Aug 24, 2022	Newborn care
Aug 31, 2022	Family planning
Sep 7 , 2022	Baby shower!