



Virtual Prenatal Class



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



Wednesdays, 9/23 - 11/1
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 Elizabeth at 415-470-7696 or Hanna at 415-273-9043 by 9/18 to register.

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| Discomforts of Pregnancy | 9/23/20 | Postpartum Recovery | 10/21/20 |
| Labor and Birth Part I | 9/30/20 | Taking Care of your Newborn | 10/28/20 |
| Labor and Birth Part II | 10/7/20 | Family Planning | 11/4/20 |
| Feeding your Baby | 10/14/20 | Baby Shower! | 11/11/20 |