



Monthly child birth workshop via zoom

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



Virtual childbirth workshop Third
Thursday
of each month from
3:00-4:00pm

*For families interested to learn more
about childbirth.*

*For more information about the workshop and to register
please Contact Hanna at 415-273-9043*

Some of the Topics that will be addressed includes :

- Choosing an OBGYN care team
- Stages of Labor and Physiological changes in each stage
- Positions and Comfort Measures during each stage of labor
- Birth Wishes
- Pain management techniques for labor
- Medical intervention and decision making BRAIN (Benefit, Risk, Alternatives, Intuition, Nothing)
- Hospital Bag Packing List
- What to expect in the immediate postpartum bonding and feeding .