



# Preparing for Childbirth Workshop

HOMELESS PRENATAL PROGRAM • 2500 18<sup>TH</sup> ST SAN FRANCISCO • (415) 546-6756 •  
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## Virtual Childbirth Workshop

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

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

 San Francisco Department of  
**Early Childhood**

## 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.