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

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.