



Prenatal Support Group

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



October 19th through
December 7th on Wednesdays at 1:30pm

IN-PERSON PRENATAL SUPPORT GROUP

For families expecting a baby:

Join us for our 8-week 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 or if you have any questions call:
Hanna D at 415-273-9043 or
Samantha .L 650-204-0613

October 19, 2022	Pregnancy Discomforts and Prenatal Care
October 26, 2022	Labor and delivery, Part I
November 2, 2022	Labor and birth, Part II
November 9, 2022	Postpartum period & Family planning
November 16, 2022	Feeding your baby
November 23, 2022	Thanksgiving Recess/ No class
November 30, 2022	Newborn care
December 7, 2022	NO CLASS
December 14, 2022	Baby shower!