



Prenatal Support Group

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



April 12th through June 7th
Wednesdays at 1:30pm - 2:30pm

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
Angelica A. at 415-503-1483



April 12, 2023	Pregnancy Discomforts and Prenatal Care
April 19, 2023	Labor and delivery, Part I
April 26, 2023	Labor and birth, Part II
May 3, 2023	Postpartum period
May 10, 2023	Feeding your baby
May 17, 2023	Newborn care
May 24, 2023	Family planning
May 31, 2023	No Class
June 7, 2023	Baby Shower