



Doula Services &
Professional Education

Free!

Childbirth Education Classes for Young Parents

**Classes Are One Evening Each
from 6-9pm at:**

Healthy Families
191 Merrimack St. #301
Haverhill, MA 01830

Upcoming Class Dates

March 21 st	2019
June 20 th	2019
September 19 th	2019
December 19 th	2019

Class Information

We are currently offering Childbirth Education classes for young parents-to-be in collaboration with Healthy Families. This class is for expecting families **ages 21 and under**. All classes are one evening only from 6-9pm. Classes are offered at **no charge** and are offered on a quarterly basis.

Class Description

Class covers pregnancy, stages and phases of labor, birth and postpartum recovery. You and your partner will learn tools for a positive birth experience. You will gain an understanding of the choices you have during labor including medication and anesthesia options. This class places equal emphasis on natural methods and medical interventions. We will help prepare you for all the steps of pregnancy from knowing when to leave for the hospital to self care of yourself after birth.

To Register at No Cost

Please call our office to register for any of the classes above call - **978-314-5533**

www.birthinggently.com

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