

# Childbearing Cycles

Pregnancy . Birth . Postpartum . Breastfeeding

Birth Video Night: Come and see informative and beautiful videos and join in discussion about pregnancy, birth, and parenting.

Date and Time: Last Monday of every month at 6:30pm

Location: The Connection, 100 East Maple St.

Cost: Free/donation

Childbirth Education Classes: This class encompasses pregnancy, birth and postpartum physiology, holistic stages of labor, informed choice, medical advocacy and current obstetrical/midwifery practices. Register now for classes.

Date and Time: 6 week session, every Wednesday from 6:30pm to 8:30pm. Contact for start dates.

Location: The Connection, 100 East Maple St.

Cost: \$180.00 per birthing mom and support person (payment arrangements available)

Please contact:

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Educating, Informing and Empowering the birthing family