

Virtual Childbirth Education Classes

Learn how you and your family can feel confident, empowered, and prepared for your birth experience and beyond. These classes are wonderful for any birth, in any setting, and will help you be prepared for any path your birth takes. Birth partners are welcome to attend and learn their role in the labor and birth chapter of parenthood.

Class Topics:

- Birth options, including the benefits, risks, and alternatives of various birth options/interventions
- Creating birth preference lists for any type of birth
- Communicating with your care provider
- Stages of labor
- Breathing and relaxation techniques
- Use of peanut ball and birth ball
- Upright birth positions
- Managing discomfort
- And much more!

Suggested donation of \$40 per family (actual cost per family to the Coalition is \$100). You are not required to make a donation to attend the class.



**For more information about our
Childbirth Education Class,
please contact us:
305-293-8424**



Class registration limited to Monroe County residents

FKHSC prohibits discrimination on the basis of disability for all services, programs, and activities provided to the public pursuant to the American with Disabilities Act. For reasonable accommodations, please give us a call at 305-293-8424.