



A NEW TAKE ON MATERNAL HEALTH

CHILDBIRTH EDUCATION CLASS

Join us as we share more about our amazing new doula program, educational resources, and tools to support you throughout your pregnancy, labor, birth, and postpartum. Plus, meet other pregnant people in your community! Led by doula, Te-Ana Souffrant.

Our Childbirth Education Series was created with YOU in mind.

We will take you through the history of maternal health care in the U.S., what support looks like, labor and birth preparation, nutrition, postpartum (4th trimester), breastfeeding/lactation, and newborn care.

OUR CLASSES ARE NOW OFFERED VIRTUALLY ONLY.

Virtually: Every Tuesday of the month | **Time:** 1 pm - 2 pm

CALL OR EMAIL TO REGISTER!



718-869-5815



birth@ehs.org

For more information about our Doula program, call 718-869-5815 or visit ehs.org/doula