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The Birth Squad Prenatal Program

Come talk with experts and other families about pregnancy, birth, and early parenthood. Along the way, expect to build your “village” – your support network for after your baby is born and to learn a few new things!

The program is a series of eight classes designed to prepare you for new parenthood. The classes focus on the things we think about most leading up to the birth of a child: sleep, nutrition, infant feeding, and safety (including infant and child CPR), and health and wellbeing in the early months after your birth. Each session, you’ll meet a new expert, professionals you can lean on once your baby is born.

There will be drawings for gift cards and other baby items at each class!

