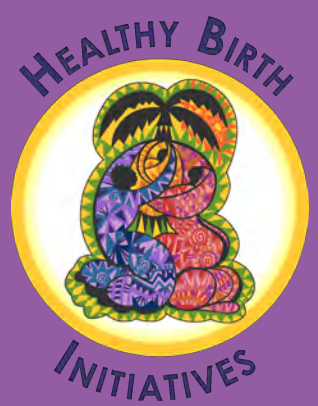


# Childbirth *Healthy Birth Initiatives* Education



Free, 4-week series designed to provide education, support, and empowerment for Black birthing families.

**Mondays | 6pm-7pm on Zoom**

(except holidays & 5th Mondays)

**Week 1: Birth location options, what to expect in labor**

**Week 2: Preparing for birth, comfort techniques, birthing plan, laboring at home**



**Week 3: Options for hospital birth, labor medications, labor stages II, III, & IV, birthing complications**

**Week 4: Breastfeeding, postpartum care, newborn care, follow up care**

*Register to get Zoom link*

**Meeting ID: 918 2315 2418**

**Passcode: 36.VZ=wz**



For more information, email [healthy.birth@multco.us](mailto:healthy.birth@multco.us)

