

Preparing for Your Sweet Beginnings

Childbirth & Breastfeeding



St. Francis Medical Center | Family Life Center

Have Questions About Your Upcoming Birth Experience?

If so, you are invited to attend a **free** Information Session hosted by our Family Life Center team.

Experience this unique childbirth class designed for you and your family to feel confident and prepared for your upcoming birth experience. We will discuss expectations and help ease any worries you may have about childbirth and breastfeeding.

Topics will include:

- Breastfeeding
- Natural childbirth
- Cesarean section
- Pain management
- Induction/Augmentation
- Permanent sterilization
- Mom and newborn care
- Signs/Stages of labor



2021 Schedule

July	August
Saturday, July 17; 11am-2pm	Saturday, August 7; 11am-2pm
Saturday, July 24; 11am-2pm	Saturday, August 14; 11am-2pm
September	October
Saturday, September 11; 11am-2pm	Saturday, October 9; 11am-2pm
Saturday, September 25; 11am-2pm	Saturday, October 23; 11am-2pm
November	December
Saturday, November 6; 11am-2pm	Saturday, December 4; 11am-2pm
Saturday, November 20; 11am-2pm	Saturday, December 18; 11am-2pm

Adult family members welcome. Children are not permitted due to sensitive topics and educational photos.

Please RSVP to Patricia Palacio at 323-646-1967

Light refreshments | Raffles | Free parking | Q&A

We will be practicing physical distancing and other measures for onsite safety.