# Your Path to a Healthy Pregnancy, Postpartum, and Beyond!

## CLASSES AND GROUPS AT CAPITAL HEALTH

### Preparing for Birth: 16–32 weeks | One-day or 4-week series

Empower yourself and your labor support people for what to expect and how to adapt during labor and birth with our comprehensive childbirth education class. Topics include stages of labor, labor positions, comfort measures, interventions, and childbirth. This is also a great time to begin looking for a doula!

### Preparing with Confidence: 20–32 weeks | Your guide to crafting a personalized Birthplan

This interactive, informative session will cover key choices during labor, delivery, and postpartum care, pain management options, choosing your support team, and more. You will leave with the knowledge and tools to create a birth plan that reflects your preferences, values, and vision for your birth.

### Preparing for Postpartum: 22–36 weeks | The 4th trimester

Confidently prepare for your own healing and the many transitions that will occur in the days and weeks that follow after birth with our postpartum class. Topics include what to expect at the hospital, physical recovery, bonding with baby, postpartum mental health and wellness, fitness, and more.

### Understanding Breastfeeding: 24–36 weeks

Taught by an International Board-Certified Lactation Consultant, this class prepares you for breastfeeding success by giving you the confidence & resources to navigate your personal journey. Topics include getting started, milk production, avoiding early problems, and support systems available.

### Baby Care Basics: 24–36 weeks

Enhance your instincts and intuition by learning the basic essentials of newborn care. Topics include newborn health, sleeping patterns, soothing, bathing, diapering, and how to access new parent support systems. Grandparents and other caretakers are welcome to join!

### Free New Parent Programs: Birth – 1 year

- In-Person New Parent Support Group
- In-Person Breastfeeding Club
- Virtual Black Mamas Breastfeeding Club
- Virtual New Parent Support Group (English and Spanish)

*Fathers and partners are encouraged to join all classes and groups! Time ranges are a guideline to keep you on track, but if you're outside of these ranges we still highly encourage you to enroll.*

**Scan the QR code for more details and to register. Select *BUNDLE OF JOY* in the category section to register for all classes and receive a 25% discount.**

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