

Childbirth Education Classes



Empower
Your
Birth
Experience

What You'll Learn:

- Labor stages
- Natural comfort measures & medical interventions
- Partner support
- Birth plan
- What to expect postpartum



Classes are FREE

*Participants receive a workbook

*"Whenever and however you give birth, your experience will impact your emotions, your mind, your body, and your spirit for the rest of your life."
Ina May Gaskin*

MUST register to attend!



7-Week Childbirth Group Class

Details:



Mondays
June 22 - August 3, 2026
5:00 pm - 6:00 pm



202 N. Main St.
Pontiac, IL

Contact Us:



815.842.2484



office@pontiachope.org

*Classes are led by a staff member from Hope Center