



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



HOPE CENTER
of Livingston County

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!

What You'll Learn:



7-Week Childbirth Group Class

Details:



Mondays
September 14–October 26, 2026
5:00 pm – 6:15 pm



Oakland Park Commons
Room 110
701 S. Sterling St.
Streator, IL 61364

Contact Us:



815.842.2484



office@pontiachope.org

*Classes are led by a staff member from Hope Center