



Are You Pregnant?

Come participate in a free prenatal support group for pregnant moms!

When? Monday July 18th through September 12th

Time? 3pm—5pm every Monday— 8 Session Total!

Where? YWCA Opportunity Place, 2nd floor.
2024 3rd Ave. Between Lenora and Virginia

**We have
car seats, cribs, baby clothes bus tickets & more!**

Midwives, Doulas, Nutritionists and Breastfeeding Counselors will join us to answer questions on

July 18th Prenatal Care

Aug. 15th Labor & Birth

July 25th Nutrition

Aug. 22nd Caring for your newborn

Aug. 1st Relieving Stress and Yoga

Aug. 29th Post partum care

Aug. 8th Breastfeeding and Support

Sept. 12th Celebration & baby supplies!

If you are interested or have questions, Call Logan Hunt @ 206-436-8649 to sign up for any or all sessions

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Note: Sadly, we are unable to provide childcare

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