



Teen Pregnancy and Childbirth Education

This free program offers a six-week series of classes for pregnant teens (up to age 21) and their support partners. It includes discussions of prenatal care, the stages and phases of labor and birth, and self-care after birth. We also discuss comfort measures, medical interventions, newborn care and breastfeeding. A tour of the Family Maternity Center is included.

Free! Classes meet Mondays from 3:30 to 5 p.m.

For class dates and times visit: www.hillcresthospital.org/childbirthed
For more information, please call 440.312.4637