

Holistic Birthing and Parenting Classes



Childbirth Awareness

Five-week series

Thursdays 6:30 ~8:30pm

Begins February 5, 2009

- ♥ Prepare for a gentle and mindful journey into parenthood, trusting birth and feeling empowered through breath awareness, comfort measures, and creative coping methods
- ♥ Participate in thoughtful discussions and learn important tools about being in labor and giving birth, partner support, and the important choices available to you in any birth setting
- ♥ Explore your hopes and expectations as well as the realities of parenthood including supportive breastfeeding, and fostering a healthy family environment
- ♥ All are welcome, women may attend alone or with a partner

One-Day Birth Workshop

Saturday, February 21, 2009

9:00am - 2:00pm

New Dad's/Partners, New Skills

Includes a special mini session for expectant fathers and/or partners

Growing Relationships

Saturday, February 14, 2009

9:30 - 11:00am

New Dads, New Skills

A special offering for new fathers and/or partners with babies (up to 8 months or pre-crawling)

All classes are held in a nurturing environment, registration required,

offered by:

Andrea Rutherford, CD, CLC, CCCE

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