

2024

Haven Class Calendar

OCTOBER

SUN

MON

TUE

WED

THU

FRI

SAT

29	30	1 Birth Center Tour 9am/1pm Moms Group 10:30-12pm Boost Your Immunity Class	2	3 Birth Center Tour 9am/1pm	4	5 Your Pregnant Body Class 1pm-5:30pm
6	7	8 Birth Center Tour 9am/1pm Moms Group 10:30-12pm	9	10	11	12
13	14	15 Birth Center Tour 9am/1pm Moms Group 10:30-12pm	16	17 Labor Prep Class 10-12pm	18 Breastfeeding Class 10:30am-12pm	19
20	21	22 Birth Center Tour 9am/1pm Moms Group 10:30-12pm	23	24	25	26 Childbirth Education Class 9am-1pm
27	28	29 Birth Center Tour 9am/1pm Moms Group 10:30-12pm	30	31	1	2

See reverse side for class descriptions

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TOURS

Birth Center Tour: We invite you to attend our tour where you will not only see our center but learn more about our model of care. Please bring your significant other or family members to the tour with you! | **FREE Tuesdays & some Thursdays at 9am / 1pm**

CLASSES

Your Pregnant Body Class: Pregnancy discomfort is common, but not “normal.” Come learn why that is & what you can do about it. This hour hands-on workshop focuses on your pregnant body and things you can do to help facilitate a gentle and physiological birth. | **1pm - 5:30pm Free for Haven Clients, \$150 non-clients includes birth partner.**

New Moms Group: Come to our wonderful baby friendly environment and meet other new moms every Tuesday. Each expertly lead weekly meeting has time for questions support and discussions on the topics on the minds of new moms. | **Meets Every Tuesday 10:30am-12pm, Free Group**

Breastfeeding Basics Class: This class will cover essential topics such as understanding how breastfeeding works, mastering latch and positioning techniques, recognizing when and how long your baby needs to nurse, boosting milk production, and taking care of your breasts. This class is perfect for first-time breastfeeding parents. | **10:30-12:00pm Free for Haven Clients , \$100 Non-Clients**

Comprehensive Childbirth Education Class

This comprehensive childbirth education class is designed specifically for you, the expectant mother who wants to feel empowered, informed, and prepared for the incredible journey ahead. Drawing from the latest evidence-based research and recommendations, this class goes beyond the basics. | **9am - 1:00pm EST, \$135 for Haven clients, \$150 non-clients includes birth partner**

Labor Prep Class: Whether you are having your first baby or need a little refresher before the next one arrives, this 2 hour class will help you build a personalized toolkit for coping with labor. | **10am-12:00pm Free for Haven Clients / \$100 non-clients**

Boost Your Immunity: Boost immunity this fall by combining Self-Coaching techniques to harness your inner strength with aromatherapy's natural defenses, creating a powerful shield against seasonal threats and enhancing overall well-being. | **Free for everyone to attend. 6:15pm-7:15pm**

Register Here:

