

CHILDBIRTH EDUCATION

Location will be established closer to dates, in Ashland area

OVERVIEW

Indigenous Childbirth Education class is designed for birthing individuals and their support partner, to empower them around pregnancy and birth. By the end of the class you should feel educated and confident to be able to advocate for the care that you need with the tools/material that we provide. It is not about where we give birth, but how we give birth.

CLASS TOPICS

- Anishinaabe birth teachings & practices
- Pregnancy and labor
- Comfort techniques
- Partners role
- Importance of Doula's
- Difference between midwifery care and physician
- Importance of breastfeeding
- Birth plan



All classes are free with light breakfast and lunch provided

Class Dates: May 6th & Sept 10th

Time: 9:00am-1:00pm

FOR ADDITIONAL INFORMATION OR REGISTRATION PLEASE
CONTACT INDIGENOUS BIRTH SERVICES KWEWAG AT
INDIGENOUSBIRTHSERVICES@GMAIL.COM

