



Postpartum Support International

Postpartum Planning Class

1st and 3rd Wednesday of Each Month



Is your family growing, and you're interested in learning how to prepare for the postpartum period? Join us for a 2-hour Postpartum Planning class for 2nd & 3rd trimester expecting parents. We welcome moms, birthing people, non-gestational parents, partners, couples, and single parents. Unlike most birth and postpartum classes, the intended focus is on the parents' emotional well-being during the postpartum period. The class will include education, discussion, a review of a postpartum plan, and resources. The main topics covered will be postpartum physical recovery, partner support, self-care, support networks, lactation and emotional well-being, and perinatal mood and anxiety disorders.

*Scan here for more
information!*

