



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!*

