

Community Classes

These classes are a great opportunity to learn more about our mission, meet our team, and explore how we support families through compassionate doula care. If you're interested in having a doula, this is the perfect chance to ask questions and learn how we can support you through pregnancy, birth, and postpartum. You do not have to be a BirthWell Partners client to attend- anyone is welcome!



Easy Breezy Labor

In this class, we'll dive into **practical strategies to help you stay comfortable and relaxed during labor**. You'll learn simple, effective **comfort measures to manage pain and stress**, whether you're planning for an unmedicated birth or looking for ways to ease pain if you choose medication.

[For more information about these groups and to register:](#)



What's on The Menu?

When it comes to birth, you have options—but if you don't know what they are, someone else might decide for you! This class is all about making **informed decisions and learning all your birth options**. By the end of the class, you'll feel confident knowing exactly what's on your birth menu, and how to choose what works best for you!

Registration is required.