



**catholic
charities**
Diocese of Joliet

Prenatal Classes

Free to the community!

Join us!

Classes begin September 30, 2025!

203 N. Ottawa, Joliet (3rd Floor)

Participants are encouraged to have a support person present for classes.

Children are welcome!

Food will be served!



The Catholic Charities Doula Program invites you to join their prenatal group.

This FREE group is open to anyone who is pregnant and partners/support people!

- September 30 at 10:00 am: Exercise & Nutrition
- October 7 at 12:30 pm: Signs & Stages of Labor
- October 14 at 10:00 am: Advocacy & Informed Consent
- October 21 at 10:00 am: Medical Interventions
- October 28 at 10:00 am: Comfort Measures
- November 4 at 10:00 am: Breastfeeding
- November 11 at 12:30 pm: Postpartum Care
- November 18 at 10:00 am: Newborn Care

Call or text to register



Sheila 815-348-2524



Tracey 779-939-2491

We are a faith-based organization providing service to people in need and calling others of good will to do the same.

