

## **Prenatal Classes**

Free to the community!

Join us!

Classes begin September 30, 2025!

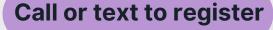
203 N. Ottawa, Joliet (3rd Floor)

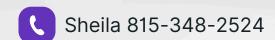
Participants are encouraged to have a support person present for classes.
Children are welcome!
Food will be served!

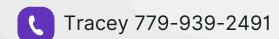
## The Catholic Charities Doula Program invites you to join their prenatal group.

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







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





