



**catholic
charities**
Diocese of Joliet

Prenatal Classes

Free to the community!

Join us!

Classes begin March 31, 2026!

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!

Classes begin at 10:00am unless otherwise noted.

- March 31: Exercise & Nutrition
- April 7: Anatomy of Labor (Signs & Stages of Labor)
- April 14: **12:30 pm** Advocacy & Informed Consent
- April 21: Medical Interventions
- April 28: Comfort Measures
- May 5: Breastfeeding
- May 12: Postpartum Care
- May 19: Newborn Care



Call or text to register



Sheila 815-348-2524

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

