

Are you pregnant and interested in learning more about childbirth?

Would you like added support during your pregnancy or after birth?

JOIN US FOR VIRTUAL CHILDBIRTH COURSES!

We are seeking to sign up patients who are currently 26-32 weeks pregnant into a childbirth course that provides additional doula-led support.

WHY JOIN:

- Gain access to free 2-hour doula-led birth education and support sessions in English and Spanish
- Discover what to expect from birth through the postpartum period
- Learn strategies for communicating your needs
- Document your birth preferences with guidance from experienced birth educators
- Connect with others in a space where you can ask questions about your birth
- Create a supportive community with other expecting persons

Spaces are limited!



FOR MORE INFORMATION

Call (646) 630-4781

Email adb2167@cumc.columbia.edu

Se habla español



OBSTETRICS AND GYNECOLOGY

