



Birth Planning WORKSHOP

**Feel more confident and calm
about your delivery experience.**

Please join our doulas in a discussion about things to consider on the day of your baby's arrival. Some topics include laboring positions, hospital procedures, and pain management strategies!

Anyone looking to learn more about the process of giving birth are welcome!

New time!



2024 WORKSHOP DATES

March 5th and 12th

April 2nd, and 9th

May 7th, and 14th

June 4th, and 11th

Location: Carbondale Public Library
405 W Main St, Carbondale, IL 62901

Time: 5:30 p.m.

If you have questions please email
Rkonecek@shsdc.org

 **Shawnee** | Health