

CLASS SCHEDULE AND REGISTRATION INFORMATION

To register please email handsandheartbirthservices@gmail.com

Class	Content	Price	Time	Date	Location
Childbirth 101	<ul style="list-style-type: none"> • End of Pregnancy Phases and Stages of Birth • Hormones • Conquering Fears • VBAC 	<p>Group: \$60 per couple</p> <p>Private Virtual: \$75</p> <p>Private, in-person: \$100 (travel fee may apply depending on location)</p> <p>\$25 Non-refundable deposit at booking to secure spot on my calendar</p> <p>*See below for discounts when booking all four</p>		Virtual or private, in-person sessions can be scheduled any time.	
Comfort Measures and Positions Practice	<ul style="list-style-type: none"> • Maternal- Fetal Positioning • Labor and Birth Positions • Comfort Measures • Relaxation Techniques 	<p>Group: \$60 per couple</p> <p>(No virtual option for this class as it is very hands-on and interactive)</p> <p>Private, in-person: \$100 (travel fee may apply depending on location)</p> <p>\$25 Non-refundable deposit at booking to secure spot on my calendar</p> <p>*See below for discounts when booking all four</p>		Virtual or private, in-person sessions can be scheduled any time.	
Medical Interventions and Birth Planning	<ul style="list-style-type: none"> • Start a Birth Plan with links to evidence based resources to help you make informed decisions • Understand Risks and Benefits of Medical Interventions • Practice Self-Advocacy • Understanding Your Rights 	<p>Group: \$60 per couple</p> <p>Private Virtual: \$75</p> <p>Private, in-person: \$100 (travel fee may apply depending on location)</p> <p>\$25 Non-refundable deposit at booking to secure spot on my calendar</p> <p>*See below for discounts when booking all four</p>		Virtual or private, in-person sessions can be scheduled any time.	
Postpartum, Newborn Care, and Breastfeeding Basics	<ul style="list-style-type: none"> • What to Expect Postpartum • Warning Signs • Newborn Care • Breastfeeding Basics 	<p>Group: \$60 per couple</p> <p>(No virtual option for this class as it is hands-on)</p> <p>Private, in-person: \$100 (travel fee may apply depending on location)</p> <p>\$25 Non-refundable deposit at booking to secure spot on my calendar</p> <p>*See below for discounts when booking all four</p>		Virtual or private, in-person sessions can be scheduled any time.	

<p>Birth Planning Session (Small group, one on one virtual or in person)</p>	<ul style="list-style-type: none"> • Walk through a birth plan with a certified doula and birth educator • Understand all the common interventions and their risks and benefits • Ask questions and receive an abundance of evidence-based resources to help you make informed decisions • Learn the next steps and how to use your birth plan with your birth team 	<ul style="list-style-type: none"> • Small group (\$50 per couple) • Virtual one-on-one (\$75 per couple) • In person one-on-one (\$100 per couple) <p>ALL require \$25 non-refundable deposit upon registration</p>		<p>Virtual or private, in-person sessions can be scheduled any time.</p>	<p>TBD</p>
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Group Classes: Not currently available; however, if you have another friend or family member who would want to do classes with you, I will offer the group rate.

BUNDLE DISCOUNT: Book ALL FOUR classes AT ONCE for a comprehensive childbirth course for a discount:

- Bundle discount for Group classes: \$200
- Bundle discount for Private classes \$350

Link to my calendar for scheduling:

<https://www.canva.com/design/DAGwR30BhS8/yB9fvy4ODTMKcflIDY11Pw/edit>

To register please email handsandheartbirthservices@gmail.com

All classes include:

- interactive, hands on activities, games, and visuals
- a take-home copy of “Preparing for Birth” with a digital workbook
- folder with print handouts and resources to add to at each of your classes
- Light snack and water (group classes only)
- Contact information for follow up questions or concerns

Financial Policy:

- Non-refundable deposit will hold your spot on my calendar
- Deposit is non-refundable barring special circumstances (birth, illness, emergencies, etc)
- I am a birth doula, so if I have a client in labor, classes may need to be rescheduled to the following Saturday at the same time and place

Check out my website here to read a bit about me and other services I provide:

<https://handsandheartbirths.mystrikingly.com>

My hope is for classes to remain accessible to the community, so if you need financial assistance, please inform me so we can discuss options in advance.

Also note: many insurances have a form you can fill out for me to sign off on for birth classes. If you have met your deductible, they may reimburse part of the fee; if not, they will apply the fee towards your deductible to aid in future coverages.