

Virtual

Childbirth Preparations Series

Learn what to expect during labor, birth, and postpartum recovery



All about the course

This course is 5 weekdays sessions unless otherwise

Times & Dates

- WeekDays
- Monday and Tuesdays
- 6:30 P.M - 8:30 P.M

Introduction to Birth

- Prepare for labor and birth
- Build confidence for delivery
- Learn labor comfort techniques
- Understand your birthing options
- Support partners learn their role



Location

Hoboken University Hospital

308 Willow Avenue Shah Hall 1st Floor
Hoboken NJ, 07030 201-418-2690

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