



Certified and experienced childbirth educator.



Live and interactive teaching with dedicated Q&A.



Convenient sessions in the comfort of your own home.

## CLASS EXPERIENCE

### Live Video Feed

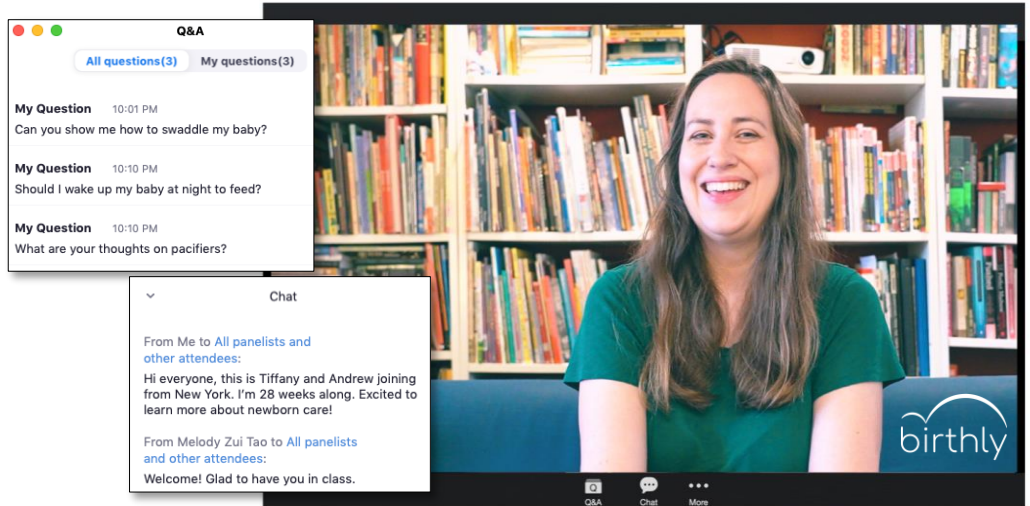
Connect with certified childbirth educators through virtual classroom.

### Interactive Q&A

Get real-time answers to your biggest questions.

### Group Chat

Meet other new parents and share your experiences.



## AVAILABLE CLASSES

### Prenatal Bootcamp

2 x 2.5-hr sessions providing an overview of the labor and delivery process and common medical interventions. Also available in Spanish.

### Breastfeeding 101

A 2-hr class filled with specific instructions and expert advice on how to get a good start to breastfeeding. Also available in Spanish.

### Newborn Care

A 2-hr class designed to help you become familiar with newborn behavior and practical baby care. Also available in Spanish.

### Early Pregnancy Prep.

A 90-min class providing a roadmap to a typical pregnancy journey, highlighting key milestones.

### Coping and Comfort

A 90-min experiential class that equips parents with tools and strategies used for coping with labor.

### Perinatal Mental Health

A 90-min class providing an overview of PMADs with tips on how to identify symptoms and get help.

### Pre/Postnatal Movement and Mindfulness

A 60-min class of breathwork and movement strengthening your body and mind.

Sign-up here:

 [www.mybirthly.com/montrosehealth](http://www.mybirthly.com/montrosehealth)

 [info@mybirthly.com](mailto:info@mybirthly.com)

**Free, unlimited** classes with code **“MONTROSE”** at checkout