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WELCOME

GROUP PRENATAL AND POSTPARTUM CARE

fun and educational prenatal care

Plum Midwifery is offering group support, a place to share your pregnancy concerns and an opportunity to be an active participant in your own care. The overall goal is to help women feel a greater sense of empowerment and confidence in themselves and their ability to care for their new baby and their family.

Every session includes:

- A “baby and mom check”, blood pressure, weight and private time with a midwife
- Time to socialize with other members of the group
- Snacks
- Time for discussion about pregnancy with other parents-to-be

In addition to your individualized appointments, there are seven sessions planned throughout your pregnancy and one post-partum session. The sessions start and end on time and the calendar will help you keep track of each group session. Since you know well ahead of time when your group will meet, you will be able to plan your work and travel schedule and child care needs around these times. The group sessions provide your prenatal care. Childbirth education content and community resources are included within these sessions.

Sessions will be held in the Abbey, 2689 Penrith Avenue, Cumberland from 1:00 to 3:00pm on Fridays.

If your baby is due in June or July 2012, dates are as follows:

Friday, February 10	1:00pm to 3:00pm
Friday, March 16	1:00pm to 3:00pm
Friday, April 13	1:00pm to 3:00pm
Friday, May 4	1:00pm to 3:00pm
Friday, May 18	1:00pm to 3:00pm
Friday, June 1	1:00pm to 3:00pm
Friday, June 15	1:00pm to 3:00pm

An additional session will be held at the end of July after all the babies have arrived.

For any questions, please contact our office at 250.890.0832 or office@plummidwifery.com.