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The Birth Squad Prenatal Classes

Join us for a series of six classes to prepare you for birth and early parenthood. Build your village and hear from experts on all things new baby!

Dates: Scan the QR code for upcoming session dates!

Days/Times: Sundays 2:00-4:00pm

Location: The Denver Village - 2513 Elmira Street, Aurora, CO 80010

Topics include: Prenatal Nutrition & Infant Feeding, Infant CPR, Sleep for Parents & Baby, and Q&As with a Doula & an OB-Gyn. Information on emotional and mental wellbeing and information for support people will be woven throughout the series.

