

Join our Pregnancy Care Support Group!



Grow your circle of support and prepare for the arrival of your baby with us.

Our pregnancy care support group provides a safe, welcoming space to connect, learn, and build community.

What You Can Expect

- 10 sessions, 2 hours each
- New cohorts start regularly

Group sessions feature music, healthy snacks, engaging activities, and expert guidance from a Certified Nurse-Midwife, doulas, and Community Health Workers.

Enjoy interactive discussions, health assessments, and resources grounded in evidence-based practices **all while meeting and building connections with other moms!**

Topics We Cover

- Fetal development
- Managing pregnancy discomforts
- Listening to your body and self-advocacy during pregnancy and childbirth
- Preparing for labor and delivery
- Nutrition and breastfeeding
- Newborn safety & more!

Note: Group care does not include clinical checkups and does not replace regular prenatal care.

Eligibility & How To Sign Up!

You are eligible to join if you are:

- Currently pregnant
- Able to attend in-person sessions
- A resident of Fresno
- Enrolled as a client with BLACK Wellness & Prosperity Center

Sign up at our website by visiting [Blackwpc.org/pregnancy-support](https://blackwpc.org/pregnancy-support) or by scanning the QR code.

For questions, please email bdn@black-enterprises.com

