



Women's Pregnancy Center
of Matagorda County

FREE Childbirth Classes

Thursdays from 5:30 – 7 PM

This is a 7-week course to help prepare you for a wonderful childbirth experience.

You can start this course at any time.

See below for Session descriptions.



Call 979-245-9900
to reserve
your spot!!

Go to our website at baycitywpc.org. Click on "Calendar" for Specific Dates of this class.

Session 1 – You Are in Control

Session 2 – Your Body and Birth

Session 3 – Pain and Natural Birth

Session 4 – B.R.A.I.N. and Decision Making

Session 5 – Medical Pain Relief, Interventions & Procedures

Session 6 – Planning for Birth

Session 7 – Postpartum