

Pregnancy After Loss Childbirth Class

Held at the Mid-Atlantic Mothers' Milk Bank

3127 Penn Ave., Pgh, PA

Taught by Jan Mallak, 2LAS, AdvCD-BDT(DONA)

**Childbirth Educator, Doula, Doula Trainer, Author & Bereavement Support Group
Facilitator (with almost 40 years of experience as a birth professional)**

The goal of the Pregnancy After Loss Childbirth Class is to help parents prepare for the upcoming birth with confidence and excitement. Healing activities, trigger recognition, birth vision creation and comfort and coping tips/tools/techniques will be included. Consider preparing for the birth of your Rainbow Baby while still honoring your Angel Baby.

Two Saturdays from 10 am - 12:30 pm - Limited Registration – Fee \$150

(includes Jan's book - *Doulas' Guide to Birthing Your Way*)

2019 Dates: June 22/29 (for Aug., Sept. & Oct. due dates)

September 21/28 (for Nov., Dec. & Jan. due dates)

December 7/14 (for Feb., March and Apr. due dates)

**For more information/to register, contact Jan at 412/973-3521 or pghdoula@gmail.com.
Private lessons are also available for those who cannot attend a scheduled class.**

