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Birthing With Purpose

The mindful approach to childbirth preparation

With: Teresa Vittorioso-Fortin CD(DONA), BCCE

A DONA International certified birth doula and BACE-NMC certified childbirth educator with 18 years experience working in perinatal care as a birth doula, Spanish medical interpreter, Obstetric Medical assistant, family planning counselor, & childbirth educator

At: Beantown Babies 20 Belgrade Ave #8 Roslindale, MA

When: Sundays 12:30-3:30pm - check link below for 4 class series dates.

Cost: \$225.00 per pregnant person- A partner or primary support person is strongly encouraged to join.

PRIVATE SESSIONS AVAILABLE IN YOUR HOME

This 4 week course is developed with evidence-based research, mindfulness meditation, and the science of positive psychology all combined in a comprehensive 4 class series to help you optimize your pregnancy, birth experience, and transition to parenthood.

Each class will last three-hours. We will cover topics including but not limited to: common pregnancy discomforts and solutions, stages and phases of labor, natural as well as pharmacological pain management tools, the importance of mindfulness in labor, human lactation and infant feeding, and postpartum changes.

Contact Lindsay or Emily to register at Beantown Babies:

<https://beantownbabies.com/events/>

Check out the instructor, Teresa, at Entera Doula Services:

www.enteradoula.com

Check back frequently for future class dates and new offerings!



Entera Doula Services and Childbirth Education

Billerica, MA

www.enteradoula.com

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