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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: Teresa's Home: address to be emailed to participants once registration is complete

When: Fridays 10am-1pm - next series dates: January 11th, 18th, 25th, and February 1st.

Cost: \$275.00 per pregnant person- participants may come solo or be accompanied by a support person

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.



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

www.enteradoula.com

REGISTER HERE:

Contact Teresa by clicking the link above & go to the "Contact me" page or
P @INwihfei[Q_t9qe]t4/ on her website

Or call for a free telephone consult to see if this class is right for you.

Entera Doula Services and Childbirth Education

Billerica, MA

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(617)997-1063



Check back frequently for future class dates and new offerings!