

# Join a Pregnancy Care Support group at BWPC!

A safe, welcoming space to connect, learn, and build community.



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

## What You Can Expect

- 10 weekly sessions (2 hours each)
- Expert guidance from a Certified Nurse-Midwife, doulas, and Community Health Advocates
- Build connection and support with others going through pregnancy
- Health check-ins and assessments
- Education, interactive discussions, and guest speakers on key pregnancy topics
- Access to baby essentials and helpful resources

## Topics We Cover

- Your baby's development
- Managing pregnancy discomforts
- Listening to your body and self-advocacy during pregnancy and childbirth
- Preparing for labor and delivery
- Nutrition
- Breastfeeding and lactation
- Newborn care and safety
- And more!

## Eligibility & How To Sign Up!

*New cohorts start regularly!*

### Eligibility to join:

- Currently pregnant
- Able to attend in-person sessions
- A resident of Fresno

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

### Sign up at our website:

Visit [Blackwpc.org/pregnancy-support](https://blackwpc.org/pregnancy-support)  
or scan the QR code below

**Scan the QR code  
with your phone  
camera!**



*All participants will be enrolled as a client with BWPC to receive access to all available resources and referral services.*