

# Join a Pregnancy Care Support group at BWPC!

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



**Led by a Certified Nurse-Midwife, Doulas, and Community Health Advocates!**

## Eligibility

- **Currently pregnant** (any trimester)
- Live in Fresno County
- Able to attend in-person sessions (hybrid option available)

## Details

- **When:** Schedule adjusted each cohort based on participant availability
- **Where:** BLACK Wellness & Prosperity Center  
2201 Calaveras St. Fresno, CA 93721

## What you can expect

- 10 in-person **group sessions**
- **Free baby items**, resources, and referral services
- **Supportive community** and sisterhood
- **Pregnancy education** and interactive discussions
- **Health check-ins** and assessments

**Program cost: FREE!**

## Topics we cover include:

- Managing pregnancy discomforts
- Self-advocacy during pregnancy and birth
- Preparing for labor and delivery
- Breastfeeding, newborn care & **more!**

**Questions?** Email [bdn@black-enterprises.com](mailto:bdn@black-enterprises.com)

## Learn more & sign up!

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

Scan the QR code with your phone camera!

