



OC PRENATAL CONNECT

A Prenatal Group Series funded by First 5 Orange County

WAITING WITH LOVE

Prenatal Class

Come enjoy our Muffins with Mommies Prenatal Class!

Enhance your pregnancy and parenting journey with a series of group prenatal classes offered through OC Prenatal Connect, a new initiative funded by First 5 Orange County.



In this **6-week series**, you and your support person will learn about the importance of physical and mental health, social connections, and how to access resources.

You will hear from special guests, including a doula and a fatherhood specialist, and will have the opportunity to reflect and explore your expectations about pregnancy, labor, birth, and your changing roles.

BEGINS JANUARY 8, 2025

DAY WEDNESDAYS

TIME 9:30-11:30 AM



Register

At MOMS - 1128 W Santa Ana Blvd., Santa Ana

714-972-2610 FOR INFORMATION



FACILITATOR

Diana Osorio, MOMS
CLC, CCE, Health Educator,
Lactation Consultant

In collaboration with

