

# AUTUMN

## Group Prenatal Care

Everything you need to know!

### What is Group Prenatal Care?

- Comprehensive prenatal care combines check-ups with group education.
- Attend 10 appointments with midwives and similar due-date families.
- Group care enhances learning and involvement in your care.
- 2-hour group sessions replace 10 individual visits, with optional individual appointments.
- Group settings boost participation, learning, and self-confidence.
- Enjoy prenatal care, education, and community at no extra cost.
- This method reduces preterm births, boosts breastfeeding, improves pregnancy spacing, and lowers postpartum mood disorders.

### Thursday 11:00-1pm

Session 1: 04/30/26

Session 2: 05/28/26

Session 3: 06/25/26

Session 4: 07/09/26

Session 5: 07/23/26

Session 6: 08/06/26

Session 7: 08/20/26

Session 8: 09/03/26

Session 9: 09/17/26

Session 10: 10/01/26

### Location:

Manor Birth Sanctuary

109 W. Lane Ave. Manor, TX 78653

