



Fall 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.

Mondays 1p-3p

Session 1: 02/23/26

Session 2: 03/23/26

Session 3: 04/20/26

Session 4: 05/18/26

Session 5: 06/01/26

Session 6: 06/15/26

Session 7: 06/29/26

Session 8: 07/13/26

Session 9: 07/27/26

Session 10: 08/10/26

Location:

Manor Birth Sanctuary
109 W. Lane Ave. Manor, TX 78653