



SUMMER 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.



Saturday: 11:00-1pm or **2:30-4:30pm**

Session 1: 01/10/26

Session 6: 05/02/26

Session 2: 02/07/26

Session 7: 05/16/26

Session 3: 03/07/26

Session 8: 05/30/26

Session 4: 04/04/26

Session 9: 06/13/26

Session 5: 04/18/26

Session 10: 07/27/26

Location:

Manor Birth Sanctuary

109 W. Lane Ave. Manor, TX 78653