

# Prenatal

at the

## South Shore Family Resource Association

*Join other expectant parents!*

Connect, learn and feel supported as you prepare for your baby and your journey into parenthood.



### WHAT DOES THE PROGRAM LOOK LIKE?

Three sessions include:



Healthy pregnancy



Healthy baby



Healthy family, bringing baby home



Parenting support



Labor and Delivery



Comfort measures




Infant feeding and safety




Community connections and resources



**Build confidence.  
Ask questions.  
Make connections.**

You're not alone—we're here to support you every step of the way. 



A welcoming space to learn, share and prepare for the exciting journey ahead. 



**South Shore**  
Family Resource Association

*Growing happy,  
healthy families* 