

# Black & Birthy: Childbirth Education Series for Black Families



**Thursdays  
June 16 – August 4  
2 to 3:30 p.m.**

*Classes will  
be held on  
Thursdays  
for 7 weeks  
(no class on  
July 7)*

**Calvary Chapel | 606 E. 9<sup>th</sup> Street, Des Moines, IA 50309**

Pregnancy can be a time of excitement and worry for any expecting parent. There's a lot of information you'll need to keep you and your baby healthy, both during pregnancy and after baby arrives.

EveryStep's Healthy Start & Empowerment Project is sponsoring free childbirth education classes for Black families, where you'll find support and education for your pregnancy and parenting journey. Topics will include:

- Birth plan options
- Communicating with your provider
- Nutrition
- Labor and delivery
- Infant feeding
- Emergency and medical procedures
- Postpartum recovery and beyond

**To sign up, participants must:**

- Identify as Black.
- Be enrolled in an EveryStep program or the doula program with MCH/Title V.
- Speak English.
- Be pregnant, with preference going to individuals in their 2<sup>nd</sup> or 3<sup>rd</sup> trimester.

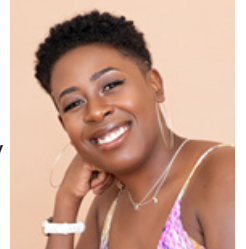
**EveryStep**   
care & support services

**SIGN UP BY FRIDAY, JUNE 10! Contact Stephanie Van Roekel  
at [svanroekel@everystep.org](mailto:svanroekel@everystep.org) or (515) 443-6988.**

**Classes are free. Childcare and transportation to and from class will also be available at no cost.**

**Classes will be led by  
Jazzmine Brooks**

**Jazzmine** is a professional, full-spectrum doula in central Iowa, serving people in Ames, Ankeny and Des Moines.



When invited to journey with someone through their reproductive health, fertility, pregnancy, birth, or postpartum journey, Jazzmine becomes an ally.

She is someone who will walk beside you and serve as someone to lean on when needed. She focuses on providing support through evidence-based care, hands-on support, listening with compassion and an open heart, and treating families with dignity and love.

Learn more about Jazzmine at:  
[www.jaiolivewellness.com/  
aboutjaiolivewellness](http://www.jaiolivewellness.com/aboutjaiolivewellness)

*Enrollment will be open until the end of the day on June 10 or until the class is full — whichever is first. If the class is full we will begin a wait list.*

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