



800 North William Street

Goldsboro, NC 27530

Phone: 919-735-3371 x226

Fax: 919-735-3194

Website: [www.pfcw.org](http://www.pfcw.org)

Our comprehensive prenatal education classes are taught in a fun, interactive environment by dynamic and caring educators.

The Partnership for Children of Wayne County is happy to offer these valuable classes absolutely

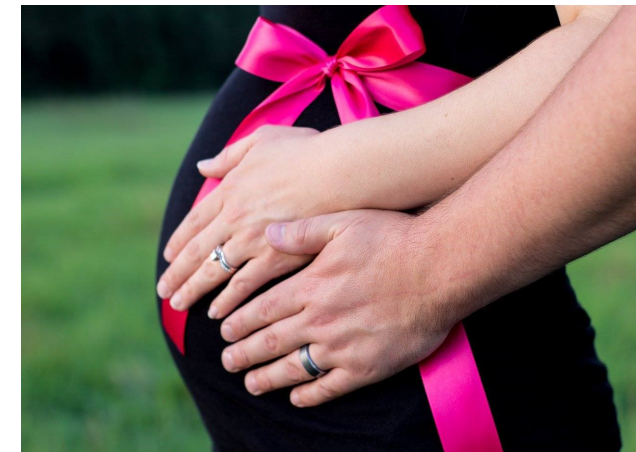
**FREE!**



The Partnership for Children of Wayne County proudly offers:

*Pregnancy,  
Birth & Beyond*

Free Prenatal Education  
Classes for Expecting  
Moms and Dads





## So Much to Learn!

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- Stages of Labor
- Signs of Preterm Labor
- Pain Medications & Epidurals
- Vaginal & Cesarean Births
- Relaxation & Breathing Techniques
- Comfort Measures
- Breastfeeding
- Tour of Labor & Delivery Room
- Car Seat Safety
- Basic Infant Care
- AND MORE!

## Class Options

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We recognize that everyone has unique availability; so, we offer classes during the day as well as in the evening.

You can choose to register for:

~A seven-class series, Tuesdays  
from 6-8pm

Or

~A one-day class during the week  
once a month from 12:15-4:30pm

**CLASSES FILL UP QUICKLY!**  
Call early to reserve your spot!



## Childbirth Educators

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Our “Pregnancy, Birth & Beyond” prenatal education classes are conducted by professionals including: a registered nurse, Lamaze Certified Childbirth Educators, DONA trained Doulas, a Lactation Consultant and a Child Passenger Safety Technician.

## Register Today!

(919) 735-3371 ext. 226

Partnership for Children  
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Visit us on the web:  
[www.pfcw.org](http://www.pfcw.org)