



The Partnership for Children and Wayne  
Pregnancy Center proudly offers:



*Pregnancy,  
Birth & Beyond*

800 North William Street

Goldsboro, NC 27530

Please call:

Cookie Chavous

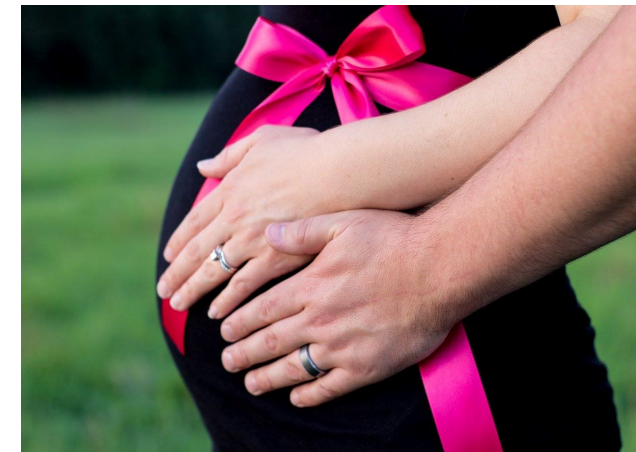
Cell 919-223-4446

Our comprehensive prenatal education classes are taught in a fun, interactive environment by dynamic and caring educators. The Partnership for Children and Wayne Pregnancy Center is happy to offer these valuable classes absolutely FREE!

Free Prenatal Education  
Classes for Expecting  
Moms and Dads



**Wayne  
Pregnancy  
Center**





## So Much to Learn!

---

- 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

---

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 six-class series, Tuesdays from 6-8pm,
  - \* A one-day class during the week as needed,
- OR
- \* 1 on 1 with the prenatal educator

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



## Childbirth Educators

---

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!**

Call Cookie Chavous (919) 223-4446

Classes held at Wayne Pregnancy Center  
3501 E. Ash Street  
Goldsboro, NC 27530

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