



# WOMEN OF TRADITIONAL BIRTHING

## Free Prenatal Parenting Classes

Thursdays from 5 to 7 p.m.

Division of Indian Work, 1001 East Lake Street, Minneapolis

Topics and activities:

- Intro to traditional prenatal parenting
- Mental health/prenatal care
- Effects of smoking/drinking/drug use
- Traditional use of tobacco
- The role of the father
- Stress reduction/coping mechanisms
- Self care
- Labor and delivery
- Post-partum depression

Upon completion, participants receive a Target gift card.

***A meal will be provided and transportation and/or childcare is available as needed.***

***For more information, contact Melissa Grimmer at***

***612-279-6314 or [mgrimmer@diw-mn.org](mailto:mgrimmer@diw-mn.org).***

