



Prenatal Peace & Calming™

Lamaze childbirth classes for expectant parents



MONTCLAIR STATE

UNIVERSITY

Center for Autism and
Early Childhood Mental Health

Honoring the Passage to Parenthood



Easy, free, spacious parking at the new MSU
Community Counseling Clinic
147 Clove Road,
Little Falls, NJ

To register, please call 973-655-6685 or email
Wodnickj@mail.montclair.edu

Affordable Prenatal Childbirth Classes

Autumn 2016! Bring your lunch and experience
compassionate childbirth classes:

Wednesdays: 11 am till 1pm:

**September 21, September 28, October 5,
October 12, October 19, 2016**

Drop in or come consistently! Partners and
grandparents welcomed too!

Spend once a week honoring the transition to giving
birth, infant feeding and parenthood in a supportive,
compassionate environment.

\$5 (five)/ per class session—affordable and fun!

*Prenatal Peace & Calming™ Lamaze childbirth classes will be repeated again starting in November:
Wednesdays, 11 am till 1 pm 11/2, 11/9, 11/16, 11/30 & 12/7/16*