



# 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**