

SPECIAL EVENT



Homebirth Meetup

Gather to talk about laboring and birthing at home

Free Monthly Meetings

Sundays from 2:30 - 4:00pm

Join us at Bloom for the Chicago Homebirth Meetup Group's monthly get-together. Gather with expectant couples, doulas, midwives, and other homebirth enthusiasts to talk about all things birth. If you're curious about your options for laboring and/or birthing outside the hospital setting, this is a great place to meet others for conversation and support.

The gatherings begin with introductions and sharing of birth stories, followed by interactive group discussions. You do not need to be pregnant or planning a homebirth to join us. Partners are encouraged to attend and children are welcome! Each month's meetup focuses on a different aspect of homebirth. See the list below for upcoming discussion topics. Be sure to RSVP so we can save some tea and cookies for you!

2008 Chicago Homebirth Meetup Group Topics

January 20	Prenatal Self-Care and Selecting a Provider - including nutrition, exercise, bodywork
February 17	Waterbirth and Apartment Birth - including how to prepare your home for birth
March 16	Social get-together, sharing of birth stories, activism update
April 20	Partners and Support People at Birth - including a look at the role of a doula in a homebirth
May 18	Preparing for after the birth and the early postpartum period
June 15	Social get-together, sharing of birth stories, activism update
July 20	Giving Birth again - A Look at siblings at homebirth and addressing past birth experiences
August 17	Breastfeeding and Slings - including Extended Breastfeeding and Tandem Nursing
September 21	Social get-together, sharing of birth stories, activism update
October 19	What you should know in case of hospital transport
November 16	Well baby care, Choosing a pediatrician, and Vaccinations
December 21	Social get-together, sharing of birth stories, activism update

Visit the Chicago Homebirth Meetup Group's homepage
www.homebirth.meetup.com/65 and become a member to get updates about upcoming events.
Check out www.birthlink.com for info about local birth resources.

**visit www.bloomyogastudio.com
for information about classes, workshops & more!**

