

Children's Board Family Resource Centers in Central Tampa

Childbirth Class

AROUND THE CENTER



**Date: Second Saturday
of each month**

Time: 9:00am to 1:00pm

Registration is required.

Please call 813-673-4646, x1127

**Children's Board
Family Resource Centers
in Central Tampa**

Managed by REACHUP, Inc.

1002 E. Palm Ave.

Tampa, FL 33605

813-204-1741

Hours: Monday — Thursday: 9am to 6pm

Friday: 9am to 1pm;

2nd & 4th Saturday: 9am to 1pm

Childbirth classes can build your confidence in your body's ability to give birth. Learn about stages of labor, different positions for labor, how to cope with discomfort, training your support person to be your labor coach and what to expect from your hospital or birth center. This class is provided by Champions for Children's abcProgram and there is no cost to attend.



Children's Board
HILLSBOROUGH COUNTY

www.ChildrensBoard.org

**FAMILY
RESOURCE CENTERS**

Children's Board Family Resource Centers are funded by the Children's Board of Hillsborough County and administered by the Healthy Start Coalition of Hillsborough County. Managing partners include: Champions for Children, Children's Home Network, Family Community Advisory Councils, REACHUP, Inc. and St. Joseph's Children's Wellness and Safety Center.

All programs and services are at no charge to families and individuals.

www.familysupporthc.org

