



Prenatal Classes

Who may attend?

Any pregnant woman and support persons interested in learning about pregnancy and changes in mom's body may attend.

When and where are the classes held?

Classes are held at the Family Resource Center of North Texas, 1316 E. McKinney St., Denton, TX 76209.

The series consists of five sessions on Tuesdays from 6:30 – 8:00 pm. Participants may begin the series on any session date, except session five. Call (940) 566-1800 for class dates and information.

Who facilitates the series?

Professional health and family life educators' lead the sessions.

What information is covered?

Topics relating to having a baby: changes in mother's body, development of the baby, nutrition, father involvement, labor and delivery, and breastfeeding.

Will I receive a Certificate of Completion?

All participants who complete the 5-part series receive a certificate of completion. Classes begin and end on time.



Receive a new infant/toddler convertible car seat upon completion of all 5 classes, while supplies last!



There are 3 ways to register:

Registration Fees are \$70 per person
(Sliding scale information is available)

- PayPal online at www.familyresource-nt.org
- Mail form and money order to
P.O. Box 2242, Denton, TX 76202
- Bring form and money order to
1316 E. McKinney Street, Denton, TX 76209

**Make money orders payable to
Family Resource Center of North Texas**

(Cut along this line & mail with money order)

Name _____ Email address _____
 Street _____ City _____ Zip _____
 Home phone (____) _____ Work phone (____) _____
 Fees: Individual _____ or Couple _____ Medicaid provider _____
 Expected Due Date: _____

For Office Only:

Session Start Date: ____ / ____ / ____