



1122 East Fort Union Blvd., Midvale, UT



# New Parent Classes

## Meet the Doula

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**Tuesday, July 21**

**6:30pm**

**partner:** Meagan Heaton, DONA  
Trained Doula of Tiny Blessings Doula  
Services

Come hear from a Doula as she covers top tips to help ensure you have a comfortable birth. Partners are encouraged to attend!

## Emotional Support During Labor

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**Wednesday, July 22**

**6:30pm**

**partner:** Angie Rosier, Doula of Angie's  
Doula Services

Join us for this informative discussion on the emotional support needed for mom during all stages of labor. Birth partners play a vital role during this process and should join the discussion with their questions!

## Creating Your Birth Plan

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**Wednesday, July 29**

**6:30pm**

**partner:** Terra Maynes, DONA Trained  
Doula of [www.terraviedoula.com](http://www.terraviedoula.com)

Please join us as a DONA trained Doula will discuss what to expect during the labor/delivery process and how a Doula can help during the labor/delivery process.

## Date Night With a Doula

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**Friday, August 7**

**6:30pm**

**partner:** Kasaundra Trout of Graceful  
Birthing, LLC

Come hear from a Doula as she covers top tips to help ensure you have a comfortable birth. She will walk you through how both partners can provide physical & emotional support to each other during labor.

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**Sign up for one of these classes today by calling: 801-352-1086**