

## Pregnancy

### CHILDBIRTH CLASSES

FREE class focused on preparing for childbirth & postpartum.

- 8 week class with virtual & in-person options
- Partners are welcome
- Safe, non-judgmental environment
- Meet other young, pregnant parents your age!

 @TPCPregnancyGroups

### DOULA

Weekly home visits provided to help you learn more about your pregnancy & prepare you for labor, birth, & postpartum.

Doulas can also provide:

- Birth support
- Feeding support
- Visits with you until baby is 8 weeks old



## Parenting

### HOME VISITING @TPC\_HealthyFamilies

Provides home visits & one-on-one support to young parents. Home visits may begin prenatally or within the first three years of age & can last until the child is five years old. Your home visitor can provide education & support around:

- Your child's health & development
- Preschool & Kindergarten readiness
- Personal, professional, & educational goals
- Parenting styles & challenges

Individualized, one-to-one support is also available for dads 25 years old and younger.



EARN  
BABY BUCKS  
to spend  
in the  
PARENTS'  
PANTRY

### PARENT SUPPORT GROUPS @TPC\_Parent\_Groups

Find commonality, strength & encouragement to help you meet the demands of parenthood.

#### POSTPARTUM SUPPORT GROUP

Meets twice a year: March & Sept

For young parents with a child 12 months old or younger

Get peer & staff support around common themes that occur during the 1st year of parenting!

**Meal & Childcare  
Provided**



#### FEEDING SUPPORT GROUP

Meets once a month: 1st Tuesday from 3:30pm-4:30pm

For any TPC participant looking for support & information about feeding their child

Virtual & in-person options

Common Topics:

- Breastfeeding/ Chestfeeding
- Pumping / Going back to work/school
- Picky eaters
- Starting solids / Baby-Led Weaning
- And more!

#### YOUNG PARENT GROUPS

##### IN-PERSON GROUPS:

- Mondays: 5:30pm-7:00pm
- West Chicago
- Learn & connect with other young parents!

**Meal & Childcare Provided**

##### VIRTUAL GROUP:

- Meets on the LAST Tuesday of each month
- 5:30pm-7:00pm on ZOOM
- **Different topic each month**
- Learn and connect with other parents!

Services  
are always  
FREE &  
VOLUNTARY

#### OTHER SERVICES AVAILABLE



DADS PROGRAM

THERAPY SERVICES



PARENTS' PANTRY

SIGN UP  
FOR SERVICES HERE

