

Blossom's Mission

Founded in 1999, Blossom is a 501(c)3, non-profit education and resource center that provides parents with a holistic view of pregnancy, childbirth, and early parenting. Blossom also provides resources and opportunities for maternity care professionals to train, continue education, network with each other, offer their services, and build community. We collaborate with other non-profits and community organizations to address the important issues pertaining to infant and maternal health. Blossom believes that parents who are supported and informed raise healthy, secure children - making our community strong now and into the future.

"I fell in love with Blossom after my first prenatal class. Hands down the best resource for expectant and new parents! With their open-minded philosophy and caring staff, Blossom is truly a gift." ~ Kanda

Why a Blossom Class?

- * **Small classes enable individual attention** -- Blossom classes usually have 4-7 couples (compare to 10-30 couples in typical classes).
- * **Independence means you get full information** -- Experienced instructors offer you everything they know; they are not limited by institutional policies or product sponsors.
- * **Judgment-free approach supports your choices**-- At Blossom we know there's no "one right way" to do anything. We encourage you to respect the journey of birth and parenting, honor your own preferences, and be ready for whatever may unfold.
- * **Our cozy community center creates connections** – Come to relax, read, feed your baby, learn about care providers, or just chat with other parents.
- * **Nonprofit building community among parents and birth experts** -- We've been there! Our parent volunteers and small part-time staff are dedicated to helping other families make a great start

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(ver 11/1/2011)



Schedule of Classes and Events November 2011 – January 2012



299 S. California Ave Ste 120
Palo Alto, CA 94306
www.blossombirth.org
blossom@blossombirth.org
650-321-2326

Office Hours Weekdays 10am-1pm

****Please check website for updates and special Holiday Schedule**

Special Events, Services, & Workshops

DONA Postpartum Doula Workshop

Do you have a passion for new families? Have you been dreaming of work that warms your heart and allows you to know that you're making a difference? Perhaps becoming a postpartum doula is right for you. This workshop is one step towards certification through DONA International, the world's most respected doula organization. For details on certification please visit www.dona.org/develop/postpartum_cert.php

Friday - Sunday, November 4 – 6: 8:30am- 6:30pm | Contact instructor Ann Grauer for information and to register: annidoula@gmail.com

Achieving Quality Maternal Care Lecture Series:

Bonding-Right from the Beginning: A Solid Foundation for Life-Long Health, Phyllis Klaus, MFT, LMSW

How do parents develop a bond to their baby? How does a baby develop secure attachment to his or her parents? This lecture will address the important components of this relationship. Bonding starts in prenatal life and parents can learn activities that enhance this earliest communication and understand why it is important for the infant's mental and physical health later in life. Developing a tie to one's infant is biological, psychological, and cultural and the events at birth can interfere with or strengthen how parents perceive their baby. We will look at several recommendations to make this most important time healthy and loving for the self and the baby.

Saturday, Nov 5: Doors open at 6:30pm; Presentation at 7:00pm | Suggested donation of \$15-20; RSVP requested

Blossom Holiday Boutique

Join Blossom to shop for unique holiday gifts from local women run businesses who are supporting Blossom Birth. Holiday gifts for all ages! Unique handcrafts, books, jewelry, clothing, toys, photography, home decor, nature-based baby products, and more!

Sunday, Nov 13: 10:00am-2:00pm

Achieving Quality Maternal Care Lecture Series:

Seven Surefire Strategies for an Easier, Happier Life with Your Baby A special presentation and discussion with internationally renowned author, teacher, speaker Suzanne Arms

Join us as we learn from one of the world's most informed, compassionate and inspiring speakers, Suzanne Arms, as she explores evidence-based ways to improve the quality of life with babies (including in utero) and children. You will learn concepts and practices based on ancient wisdom, intuition, and modern science that you can begin to use immediately to bring ease and peace fullness to everything you do with babies and children.

Sunday, November 20, 4:30- 6:15pm | \$20-35 sliding scale. Space is limited, reserve your spot in advance.

Prenatal Weekly & Monthly Schedule & Professional Development

Monday

10:00-11:15am	Prenatal Yoga*
11:45am-1:30pm	Japanese Pregnancy Support Group Γ (2 nd Monday of the month)
7:00-8:30pm	Moms-to-Be Fertility Support Γ (1 st Monday of the month)

Tuesday

10:00am-12:30pm	Professional Development for Doulas Γ (2 nd Tuesday of the month)
5:30-6:45pm	Prenatal Yoga*
7:00-8:30pm	ICAN Meeting Γ (2 nd Tuesday of the month)

Wednesday

12:00-1:15pm	Prenatal Yoga*
12:00-1:30pm	Homebirth Lunch Lounge Γ (2 nd Wednesday of the month)

Thursday

5:15-6:15pm	Pregnancy Happy Hour Γ (last Thursday of the month)
6:30-8:00pm	Prenatal Yoga*

Friday

12:00-1:15pm	Prenatal Yoga*
7:00-9:00pm	Meet the Doulas Night (2 nd Friday of the month)
7:30-8:30pm	Expectant Parents of Multiples Group Γ (1 st Friday of the month)

Saturday

9:00-10:30am	Prenatal Yoga*
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Sunday

9:00-10:30am	Pre/Postnatal Yoga*
11:00am-1:00pm	Meet the Doulas (1 st Sunday of the month)

November 2011-January 2012

Pre-registration required for classes listed below. For a full list of upcoming class dates, descriptions, and discount packages - please visit www.blossombirth.org
Prices listed are per couple unless otherwise indicated

Childbirth Preparation

Birthing From Within®	Tuesdays, 7:00-9:30pm	Nov 15-Dec 20	\$350
Childbirth Prep Evening	Tuesdays, 7:00-9:30pm	Jan 3-31	\$295
Childbirth Prep Weekend	Saturdays, 2:00-6:00pm:	Dec 3-17	\$295
Hypnobirthing®	Thursdays, 7:00-9:30pm	Jan 12-Feb 16	\$350
Natural Childbirth Prep (formerly called Bradley)	Wednesdays, 6:30-9:00pm	Jan 4-Feb 22	\$350
Active Birth Workshop	Saturday, 1:30-5:30pm	Dec 3,	\$99
	Saturday, 2:00-6:00pm	Jan 21	
Birthin' Again	Saturday, 10:00am-1:30pm	Nov 19	\$100
Childbirth Intensive	Saturday, 12:00-6:00pm	Dec 10	\$159
Childbirth Prep Refresher	Sunday, 2:00-6:00pm	Jan 29	\$99
Dad's Labor Prep	Sunday, 1:00-4:00pm	Nov 20	\$45

Preparing for Baby

Baby Care	Saturday, 2:00-6:00pm	Nov 19, Jan 14	\$89
	Sunday, 2:00-6:00pm	Dec 4, Dec 18	
	Sunday, 9:00am-1:00pm	Jan 29	
Breastfeeding Basics	Saturday, 9:30am-12:30pm	Nov 12	\$69
	Saturday, 2:30-5:30pm	Jan 28	
	Tuesday, 6:00-9:00pm	Dec 6	
	Thursday, 6:00-9:00pm	Jan 5	
Adult, Infant, Child CPR	Saturday, 1:00-5:00pm	Dec 17	\$59/person \$104/couple
The Happiest Baby on The Block	Thursday, 7:00-9:00pm	Dec 1	\$59

Parent-Baby Classes

Baby Sign Language Intro	Saturday, 12:30-2:00pm	Jan 7	\$45/person \$65/couple
Baby Signs Playgroup	Saturdays, 12:30-1:30pm	Jan 14-Feb 25	\$125/person \$165/couple
Infant Massage Workshop	Wednesdays, 1:30- 3:00pm	Nov 30	\$59
Music Together Mixed Age	Thursdays , 9:15, 10:15, 11:15	Jan 12-Mar 15	\$232/ 1
Music Together Babies	Thursdays, 12:30, 2:00pm	Jan 12-Mar 15	child or \$382/2
Slings & Things	Sunday, 11:00am-12:30pm	Nov 20	\$34 pre-reg \$39 drop in

*Yoga Schedule subject to change in January – please check web for details

New Parent Weekly & Monthly Schedule

Monday

10:00-11:30am	Postpartum Moods & Challenges Group**
11:30am-12:45pm	Mom & Toddler Yoga* (last day Nov 21)
1:30-2:45pm	Mom & Baby Yoga*
2:30-4:00pm	Babywearing Group Γ (4 th Monday of the month)

Tuesday

10:00-11:30am	Parent-Baby Group: Mixed Ages**
1:30-3:00pm	Parent Baby Group: 0 to 6 Months**
3:30-4:45pm	Mom & Toddler Yoga*
7:00-8:30pm	ICAN Meeting Γ (2 nd Tuesday of the month)

Wednesday

10:00-11:15am	Mom & Baby Yoga*
1:30-3:00pm	Breastfeeding Support Group**

Thursday

10:00-11:30am	Japanese-Language La Leche League (3rd Thursday of the month) Γ
1:15-2:30pm	Brown Bag Lunch SeriesΓ (2 nd & 4 th Thursdays of the month)

Friday

10:00-11:15am	Postpartum Pilates*
12:30-2:00pm	La Leche League Γ (2 nd Friday of the month)
3:30-4:30pm	Book Babies Γ
4:00-5:15pm	Crafty Kids (1 st Friday of the month)
4:30-6:00pm	Elimination Communication Info & Support Γ (4 th Friday of the month)

Sunday

9:00-10:30am	Pre/Postnatal Yoga (Moms Only)*
11:00am-12:30pm	Parent Baby Group: Working Parents ** (2 nd & 4 th Sunday of the month)

*Yoga Classes: \$90 for 6 classes, or \$170 for 12 classes or \$17 for class drop-in. One month Unlimited Yoga Pass \$79 **Parent-Baby Groups: \$105 for 3 month unlimited drop-in groups, \$195 for 6 months of unlimited drop-in groups, or \$15 for drop-in participation. Γ Community Events offered for free, donations greatly appreciated.