

## Tefil Saleem ( Healthy Baby)

Education • Inspiration • Support



### Coming Soon!

**UCFS and St. John Ascension Health will soon be offering a free prenatal and childbirth education program that elevates the health and wellbeing of the Arab/Chaldean mother and baby.**

- **Pregnancy, childbirth and becoming a parent is a unique experience and as individual as you are.**
- **Grow your confidence in decision making, immerse yourself in positive information and surround yourself with experienced health and caregivers.**
- **This program will provide you with a solid foundation, enhancing your ability to discover the joy of giving birth.**
- **Our workshops will help you grow in confidence and prepare you to make informed choices surrounding your pregnancy, birth and baby.**



Please contact Samar Yousif at United Community Family Services at [syousif@ucfamilyservices.org](mailto:syousif@ucfamilyservices.org) or call (248) 528-0130