**Teen & Young Adult Pregnancy Clinic**



Group Topics:

Your Health

Food - Smoothies & Stir-Fry - Oh My!

Exercise



Labor & Delivery & Planning Ahead

Birth Center Tour – Birth Plans -What to expect when expecting – Contraception Management

Caring for a Newborn

Breastfeeding – Sleep – Safety- Car seat Safety -



Child Development

And More!

We Take Requests…

# **What to Expect:**

* The Teen & Young Adult Pregnancy Clinic takes place

every-other Thursday

* Your support people are welcome to join

The more the merrier!

(Expectant father, friends, family, etc.)

**2:15 – 2:45 Group Activity**

* Meet friends going through similar changes
* Have fun while learning about pregnancy, labor & delivery, newborn care, and more!
* Snacks provided!

**2:45 – 4:45 One-on-one visits with your team!**

(as needed)

* **Counselor** – Connect to resources & receive support

Talk about anxiety, depression, and/or life stressors

* **Nutritionist** – Understand how to adjust your diet to meet nutrition needs during pregnancy
* **Medical Assistant** – Ensure you are on track with completing the various tests/screens throughout pregnancy scheduling
* **Doctors** – Get answers to your questions and all prenatal care from a small team of OB providers

**When?**

The Next Teen & Young Adult Pregnancy Clinic is scheduled for

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_at 2:15pm**

**Where to Go:**

Providence St. Peter Family Medicine

525 Lilly Road NE, Olympia, WA 98506

\*Check-in at clinic 2

(On your left after entering the main door)

**Questions?** Contact 360-493-7230 option 2