

Charis “Labor Support” Workshop
Saturday, October 2, 2010
9 a.m. – 5 p.m.

At [Birthways Family Birth Center](#)
4222 McIntosh Lane
Sarasota, FL 34232

For childbirth educators, doulas, midwives, or anyone who would like to improve her ability to support laboring women with excellence.

At our workshops, learning is interactive, hands-on, fun, and interesting. All Charis workshops are taught from a Christian perspective, giving God the glory for His marvelous creation and how He so wonderfully created women to bear children.

You will spend the day making new friends and becoming more skilled in knowing how and when to use many techniques to bring a woman comfort during each phase of labor, understanding the science behind why the comfort measures work, creating an environment conducive to the natural progression of labor, recognizing when a woman is beginning to panic and helping her regain control, gently encouraging a woman to effectively push out her baby while taking advantage of the natural physiology of second stage, assisting a woman in breastfeeding for the very first time, and so much more.

In addition to the valuable skills acquired at the workshop, you will also take home with you a beautiful “labor support bag” filled with an assortment of tools to help you successfully support, serve, and bring comfort to your future clients as they labor. A delicious lunch will be provided for all the workshop attendees to enjoy as you get to know each other better during a midday break.

The cost is \$200 for Charis members and \$230 for non-members (includes one-year Charis membership).

To register, complete the following form and mail it, along with payment, to
P.O. Box 6900
North Port, FL 34290

Registration must be received before September 10, 2010.

Register early... Space is limited to the first 12 registrants.

www.CharisChildbirth.org

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Name _____

Telephone _____ E-mail _____

Address _____

City/State/Zip _____

Special Dietary Needs/Preferences _____

How did you hear about this workshop? _____

Charis Member: _____yes _____no

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