

# Opelousas Pregnancy Center's *Message for Moms*



**Embrace Grace**  
**Starting Tuesday, January 25th @6pm**

Our Savior's Church  
 An unplanned pregnancy support group and 12 week bible study. Participants will receive a free baby shower at the end of the 12 weeks!

**Labor and Delivery Class**  
 February 8th, from 12pm-2pm  
 Know what to expect and what decisions you will have to make by attending our Labor and Delivery Class. This is your chance to have all of your questions answered about what goes on in the delivery room.

*"There is no way to be a perfect mother, but there are a million ways to be a great one."  
-Jill Churchill*

## What to Expect During Your First Prenatal Care Visit

If you are anticipating your first prenatal visit, you probably have a lot of questions about what to expect, what to bring, and what to ask. Now you don't have to worry! Mama Natural has an entire article dedicated to the topic here:

<https://www.mamanatural.com/first-prenatal-visit/>

If you need help finding an OB/GYN in the Acadiana area, feel free to ask during your OPC appointment, or give us a call at 337-331-0602.



