



STEPS

ONE STEP AT A TIME, ONE DAY AT A TIME

We are a program that cares about supporting pregnant women receiving Medication Assisted Treatment (MAT). We want to empower you with the tools and knowledge to have a healthy pregnancy and delivery, while supporting your recovery.

WHERE: Women and Babies Hospital,
690 Good Drive, Lancaster, PA 17601.
1st floor Conference Room

WHEN: Fridays 10-11:30 AM.
Call or text to register for next class.

To register: call or text: 717-696-9476

or email: lbbuntin@lghealth.org

Please let us know if you need help with transportation.

Classes are Free

Topics covered:

February 1: Introduction to Program, Understanding the use of Subutex and Methadone during pregnancy

February 8: Comfort techniques during delivery, preferred pain management

February 15: Feeding your baby and baby care

February 22: Understanding newborn abstinence scoring and what to expect

March 1: Meeting community partners

March 8: Comfort techniques for baby

March 15: Relapse prevention and finding time for yourself

March 22: Infant CPR and safety

The class will be a time for you to meet with professionals from Women and Babies Hospital and help plan your journey of labor, delivery and recovery. You will meet other moms-to-be and form a trusting relationship with a counselor that will be present at each session.

**You can earn up to \$200.00
for attending.**

At each session, you will receive a \$25.00 gift card to a local store of your choice.

Attend 4 classes to earn a free car seat!