

HOPES VILLAGE

Individualized prenatal support for parents from the start of pregnancy through baby's first year. This virtual program is FREE and open to all parents in Iowa.

OUR SERVICES



Prenatal Classes

Classes include Healthy Pregnancy, Childbirth Education, Newborn Care, Car Seat Safety, and Breastfeeding.



Virtual Mom Group

Meets weekly to connect new moms in Iowa. A perinatal specialist is available to answer questions during this time.



One on One Support

Meet with a perinatal specialist virtually for a little extra support during pregnancy or post partum. Evidence based information for your questions and referrals when needed.



Register Here



HOPES@LSIOWA.ORG

