

# **BIRTHING FRUITION 5 PRONG TRAINING SCHEDULE**



## **Week 1: Orientation**

March 28, 2023 5:30-6:30pm (Virtual)

## **Week 2: COPE Training**

April 4, 2023 4:00-8:00pm

April 6, 2023 4:00-8:00pm

## **Week 3: COPE Training**

April 11, 2023 4:00-8:00pm

April 12, 2023 4:00-8:00pm

## **Week 4: ACES & Historical Trauma**

April 18, 2023 5:30-8:30pm

April 19, 2023 5:30-8:30pm

## **Week 5: Culturally Responsive Home Visiting**

May 2, 2023 5:30-8:30pm

May 3, 2023 5:30-8:30pm

## **Week 6: It's All About Me: Training Resources**

May 9, 2023 5:30-8:30pm

May 10, 2023 5:30-8:30pm

## **Week 7: Breastfeeding and Lactation- Dr. Lavonne Moore**

May 22, 4:00-8:00pm

## **Week 8: Adult, Child and Baby First Aid/CPR/ AED (Online)**

Amherst Wilder Foundation

451 Lexington Pkwy N,

St Paul, MN 55104