MAVEN

Member classes:
A new way to take care

Maven members have a new way to get support: online, provider-led classes. Register through the Maven app to get expert advice for your parenthood journey. And bring your partner, too!

Here are three of the classes available at no cost to members each month on Maven.

Childbirth 101 with a Maven doula

Get ready for labor, ask the questions you were afraid to ask your OB-GYN, and learn how to be an advocate for yourself within the healthcare system during this class with Maven doula Barbara Heid.

Postpartum recovery with a Maven midwife

The first several weeks after childbirth can be challenging, which is why it can make sense to start getting prepared even before delivery. In this Maven member class, Danika Severino Wynn talks strategies to ensure a healthy, happy postpartum period.

Breastfeeding 101 with a Maven lactation counselor

You've watched countless videos and asked questions of every new mom you know — and yours, too. But even with a wealth of knowledge, breastfeeding can feel shockingly difficult at first. Get tips and tricks in this helpful monthly session.

Enroll today for access to these classes and more

mavenclinic.com/join/classes