



# Pregnancy Basics

## Session 1— Emotional Health and Stages of Pregnancy

Date: 06/08/16

Zip code you live in: \_\_\_\_\_

Location: Creekside Office: 1100 San Leandro Blvd., San Leandro

Please rate the training: 5 being the best and 1 being the worst

Questions	1	2	3	4	5	Comments
Your overall impression of the workshop						
The range of topics covered met your needs						
The information was easy for you to understand						
The facilitators answered your questions						
The material presented helped you understand the importance of your emotional health, stages of pregnancy healthy eating, important tests during pregnancy, consequences of substance use during pregnancy, kick counts and signs of preterm labor.						

Help us make our workshops better! Please write down your comments, ideas and suggestions below.

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