

COVID-19 class policies as of November 1, 2021:

In Winter 2021-22, Birth Roots will offer limited capacity in-person, indoor classes at our 16 Vannah Ave location. The safety precautions Birth Roots is taking to help mitigate risk in our indoor classroom include: (1) utilizing a **high-quality, professional air purifier** before and during class; (2) requiring **proof of vaccination** for all participants (instructor included); (3) requiring **masks at all times** while indoors; and (4) **limiting class enrollment**. We know that vaccination in the perinatal period can be a complicated choice for families. Regretfully, we do not have the administrative capacity to accept negative Covid tests in lieu of vaccination.

In-person classes are subject to change at any time, including mid-session. No refunds will be offered if a class needs to move from in-person to online. If a previously scheduled class is changed from online to in-person (due to majority interest in the group of registrants), a full refund will be offered to anyone not able or interested in attending the in-person option. Within our limited (and compassionate!) staff capacity, we will do our very best to accommodate each individual's situation.



Classes being held in our virtual classroom, as of November 1st:

The Pregnancy Class
Birth Class Series
Feeding Your Baby Class
Newborn Care Class
Seedlings
Toddler Parenting

Classes being held in our 16 Vannah Ave classroom, as of November 1st:

Child Birth Intensive
Buds*
Sprouts*
Lil Siblings*

* These postnatal classes will be offered in a virtual format when we have 5+ participants interested in a class. If you'd like to be put on the waitlist for the next scheduled virtual option, please sign up for the Waitlist option on the class registration page and tell us in the "Is there anything you'd like us to know" question that you are seeking a virtual option.