



# Positive Birth Movement has arrived to Helsinki!

We offer monthly **FREE, NON-COMMERCIAL, and OPEN** to ALL peer to peer meetups for pregnant people, partners (or other birth companions), and new parents.

**POSITIVE BIRTH MOVEMENT**

[positivebirthmovement.org](http://positivebirthmovement.org)

Sharing information about choices and rights in childbirth



- ♥ Join a community where you can share your stories and experiences, laugh and cry, receive loving support, and celebrate parenthood.
- ♥ We aim to challenge the epidemic of negativity and fear that surrounds modern birth and help change birth for the better.
- ♥ Our meetings are confidential, non-judgmental, non-directional, and positive. Regardless of your birth or feeding choices, your sexual orientation, your ethnic origin, or any aspect of your background: we welcome you without judgement.
- ♥ To join the Facebook group search for Positive Birth Movement Helsinki.
- ♥ There are around 300 'real life' PBM groups around the world, in 30 different countries. They are a great place for pregnant women and their partners to find information, support and a sense of community. To find out more about Positive Birth Movement visit <https://www.positivebirthmovement.org/>
- ♥ Join us at Familia as we meet up, link up and shake up birth!