



BLESSED BEGINNINGS LIFE CENTER



The Blessed Beginnings Pregnancy & Parenting Life Center is committed to the sanctity of human life, especially in its most vulnerable early stages. As a pro-life agency that honors every single human being with the dignity and respect they deserve, we are dedicated to providing the support and education parents need to have happy, healthy babies and children. Our program focuses on the critical time period from the woman’s pregnancy through the age of five—a child’s most formative years.

For Moms. For Dads. For Babies.

The beginning of a new life can be an exciting time, but it also comes with its share of challenges, needs, and uncertainties.

As a pro-life agency, we are dedicated to providing the support and education parents need to have happy, healthy babies and children. Whether this is your first pregnancy or you’ve been through it before, our team is committed to:

- Helping you better understand pregnancy, childbirth, and parenting
- Providing diaper assistance
- Supporting your emotional health through expert counseling
- Connecting you to outside resources

Pregnancy, Childbirth, and Parenting Education

Blessed Beginnings has designed a full evidence-based curriculum, in English and Spanish, to address some of the most common questions around pregnancy, childbirth, and early parenthood.

Our curriculum encompasses three phases to guide you from early pregnancy all the way through the child’s fifth birthday.

Classes are free of charge, and family members and friends are welcome to attend.

For a list of upcoming class dates and locations, call 713.874.6760 or visit our web page at CatholicCharities.org/blessedbeginnings

Free Pregnancy Tests

If you suspect you might be pregnant and don’t know what to do next, you can make an appointment for a free pregnancy test in a comforting environment and talk through your situation with us.

Counseling

Parents often find themselves dealing with stress, anxiety, family tension, post-partum depression and other emotional issues. Our licensed counselors provide individual, couple, and family counseling, in English or Spanish, to help you talk through problems in a supportive environment and to teach you valuable coping techniques.

Did you know that 90% of the brain is formed by age 5?



That’s why we support and help build strong families from pregnancy through your child’s fifth birthday.

To register, scan our QR code or text “diaper” to 713.929.2951

