



Virtual Prenatal Classes

For Expecting Parents

The aim of this online course is to give you tips for an active and calm childbirth, and help prepare you for the unexpected. We hope to empower you on how to make an informed choice in terms of medical decisions and how to stay calm and resilient, no matter what.

Our user-friendly online course is done in a way that will give you a chance to connect with the other participants.

The four sessions will cover:

- Birth plan & physiology of labour
- Managing the intensity of birth
- Breastfeeding and postnatal period

Get ready for birth in these unusual times by taking part in a four-session virtual prenatal course guided by Doula, Camille Nadeau.

The Wellness Centre has offered to partly cover the cost of this course during the pandemic. Your cost is \$50 for the package of four sessions, if we can register four families-to-be.

Where: Online videoconference sessions. You will need a cellphone, tablet or laptop with a camera and an internet connection.

When: Tuesdays, October 6, 13, 20, & 27, 2020
6:30-8:45pm

To register please contact Jan Anderson at janderson@jhparkers.net