2016 Prenatal Class Schedule

Labour and Delivery

Register early

Choose one of the classes below (should be taken in the 3rd trimester)

Saturday Classes

9am - 4pm

2016

January 23rd

February 13th

February 27th

March12th

April 9th

May 14th

June 11th

'later dates to be determined'

~~~~~~~~

Breastfeeding

Choose one of the classes below (should be taken in the last trimester)

Wednesday Evening Classes

6:30 - 8:30pm

2016

February 17th

March 16th

April 13th

May 18th

June 15th

July 13th

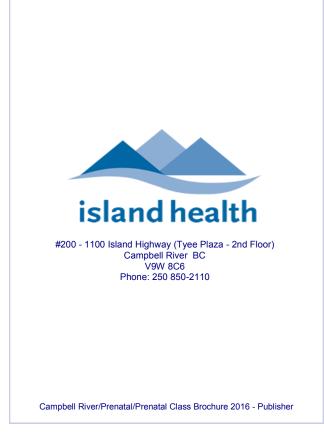
August 17th

September 14th

October 19th

November 16th

December 14th





Campbell River Public Health

2016 Prenatal Classes



Phone: 250 850-2110



Prenatal Classes offered through Public Health...



Labour and Delivery:

The Birthing Process (suggested pre-reading Baby's Best Chance Book pages 54-74 and 75-81)

- How do I know I'm in labour
- · Stages of labour and birth
- Coping techniques for labour and birth
- Care of mother and baby immediately after birth
- Informed consent
- Possible medical interventions
- Unexpected outcomes
- Pain management

Breastfeeding:

- · Benefits and myths
- · Getting started
- Preventing common breastfeeding challenges
- Where to get help





Campbell River Hospital
Maternity Ward Tours
Saturdays at 2pm
Please call 250 850-2141
to confirm tour

ISLAND HEALTH

Campbell River Public Health #200 - 1100 Island Highway (Tyee Plaza - 2nd Floor) Campbell River BC V9W 8C6

Phone: 250 850-2110

Fax: 250 850-2454

