

**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

March 12th

April 9th

May 14th

June 11th

'later dates to be determined'

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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



#200 - 1100 Island Highway (Tyee Plaza - 2nd Floor)  
Campbell River BC  
V9W 8C6  
Phone: 250 850-2110



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

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