



HASTINGS PRINCE EDWARD  
**Public Health**

# In-Person Prenatal Education Session Schedule 2017

Our free Prenatal Education Series consists of: an e-Learning program—*The Gift of Motherhood* and 3 In-Person Sessions. The series of 3 In-Person Sessions is offered over a period of 3 weeks with one evening session each week.

- Week 1: Preparation for Parenting
- Week 2: Breastfeeding
- Week 3: Birth Basics—Confidence and Comfort

## Belleville

HPEPH—179 North Park Street, Belleville (Weeks 1&2)  
Belleville General Hospital, 265 Dundas Street East (Week 3)

### Tuesdays 6:00 to 8:30 pm

August 15, 22, 29	September 12, 19, 26
August 10, 17, 24 (Thurs)	October 3, 10, 17
November 7, 14, 21	November 28, December 5, 12

## Prince Edward County

The HUB Child & Family Centre (Weeks 1&2)  
10 McFarland Court, Picton

### Mondays from 6:00 to 8:30 pm

September 11, 18  
November 6, 20

**Labour and Delivery** is offered by the Prince Edward Family Health Team in Prince Edward County.

## Quinte West

HPEPH—499 Dundas Street W., Trenton (Weeks 1&2)  
Belleville General Hospital, 265 Dundas Street East (Week 3)

### Wednesdays from 6:00 to 8:30 pm

September 13, 20, 27	November 8, 15, 22
October 4, 11, 18	November 29, December 6, 13

Sessions are offered in partnership with  
the Ontario Early Years Centres,  
Quinte Health Care and Prince Edward  
Family Health Team.

## North Hastings

Prenatal Education Presentations  
NHCS— 20 Hastings Heritage Way, Bancroft

For more information call

For Centre Hastings, call Gateway  
Community Health Centre at 613-478-1211.



Register online at

[www.hpepublichealth.ca](http://www.hpepublichealth.ca)

(Clinics & Classes - Prenatal Education)

or call

**Reproductive Health Infoline:**

Tel: 613-966-5500 x 223

Toll-Free: 1-800-267-2803 x 223

TTY: Dial 711 or 1-800-267-6511

We are committed to providing  
accessible programs and services to all.  
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TTY: 711 or email [accessibility@hpeph.ca](mailto:accessibility@hpeph.ca).  
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